

REVERSE MY TINNITUS

THE NATURAL, SAFE AND PROVEN TINNITUS CURING SYSTEM.



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DISCLAIMER: You should always contact your local health professional before making any major changes to your diet or exercise regime. This report offers helpful information to better assist those who wish to improve their hearing and reverse their Tinnitus; however it remains the sole responsibility of the reader to choose whether or not to implement these changes in their life. The report may contain some errors which the author is not accountable for, as it is not intended for medical or professional reference. Readers may wish to talk about any major lifestyle changes with their doctor before commencing on an extensive hearing improvement program.

Chapter 1- How do we hear?

Hearing is one of the five basic senses in humans without which our lives would be incomplete. The ears are amazing organs that enables us to hear sounds. The ears are comparable to antennae that receive radio signals- they collect the sounds around you and transmit them to your brain. This is indeed incredible because it is a totally mechanical process.

If you go on to analyse things further, you would become increasingly aware of the fact that hearing is not limited to just that primary role but it achieves an assortment of crucial functions. The eventual decline of hearing due to the aging factor would indeed be a huge source of friction, but we need to take succour in the fact that it is quite a natural process. However if the issue crops up due to an infection or ailment, there could still be some hope. For people who do not have knowledge as to how the sense of hearing works, it is a well understood natural sense that depends on a complex structure of blood vessels, nerves, tissues and physical laws.



Whenever we discuss hearing it is inevitable that music is brought to the forefront! To most people, hearing is synonymous with music- as though their ears are linked straight to their soul! If you can understand why Ludwig van Beethoven, one of the greatest classical composers ever, was alarmed of his gradual decline into an abyss of silence, you would appreciate the value of the sense of hearing. A favourite song can elevate your mood or soothe frayed tempers. Music in any form tends to play a role in our lives like no other medium possibly can. So in a way when one loses the sense of hearing, an entire part of the individual dies.

In this chapter, we shall take a look at the mechanical process that makes hearing possible. You will be amazed when you understand the nuances of the mechanics involved in hearing as we take an in-depth study of the trail of a sound, from its source

to your brain. To understand how we hear sound, you need to first understand what sound itself is.

Sound

Sound is vibration produced in matter that travels through a medium such as solids, gases or liquids and can be heard by a person or animal when it reaches the ears. Generally we hear sounds that travel through air in the atmosphere. If any object vibrates in our atmosphere, it moves the air elements around it. These elements move others around them and so on, making a wave and carrying the pulsations through the air. This is what we hear as sound.

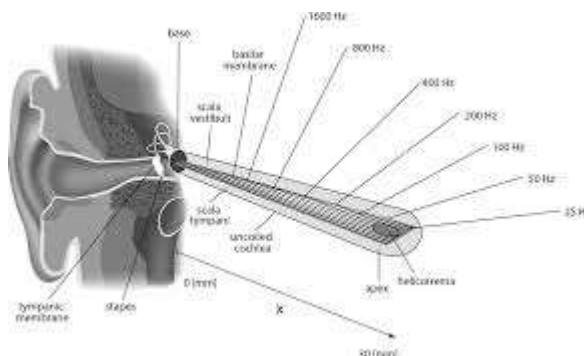
The Mechanics of Hearing

When you drop a small stone into a motionless pond, it causes ripples moving outwards from the point where the stone entered the water. Sound waves are invisible, but if you could see them, they would be very similar to the ripples caused by the stone. Sound needs medium to travel and that medium is usually air in our atmosphere. The atmosphere comprises of different gases that surrounds the earth forming a layer. Sound travels through this atmosphere in the form of waves. Sound also travels through other solid or liquid medium like rocks or water.

In order to understand the mechanics of hearing, we need to know too, how sound waves are created. The universal rule that energy cannot be created or destroyed but just changes form, holds good here too. Let us consider human speech. The larynx in our throat carries our vocal cords. When air travels, these vocal cords vibrate to different frequencies. When the intensity of the vibrations is low it causes a deep resonating sound, usually connected to the baritone voices of men. When the intensity is higher, they result in higher pitched tones and squeaky kind of voices. These vibrations are transmitted to the surrounding air as sound waves that are transformed from the energy of our voice. The waves thus created spread from the source in all directions at a rate of approximately 1200 kilometres per hour or 766 miles per hour. This is the estimated speed of sound that may vary in different medium as well as conditions like density and humidity.

Let us consider the ubiquitous bell. When the bell is struck the metal vibrates stretching inwards and out. When it moves out on one side, it shoves the adjoining air particles on that side. In turn these particles collide with more particles adjacent to them and so on and on. This action is called *compression*.

Alternately, when the bell moves away, it pulls at the adjoining air particles creating a dip in pressure. This pulls in additional adjoining air particles creating another dip in pressure and so on. This is known as *rarefaction*.



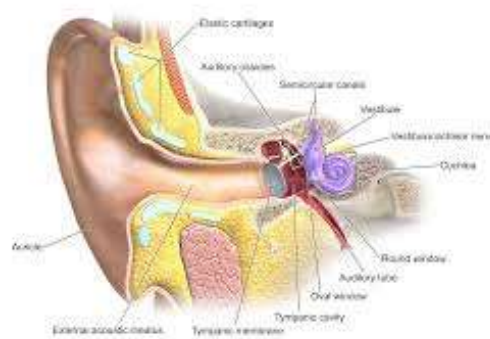
Thus, an object that vibrates sends out a wave of pressure fluctuations through the air, creating sound. We get to hear a variety of sounds because of the variation in diverse sound wave frequencies. When the air pressure fluctuates back and forward more rapidly, we hear a higher pitch and with lesser fluctuations we hear a lower pitch. What determines the loudness of the sound is the air pressure level in each fluctuation. This is known as the wave's *amplitude*.

Thus, your ears need to do the following three things to hear a sound:

- Transmit the sound waves to the part of the ear that 'hears'
- Take into consideration the air pressure fluctuations
- Convert these fluctuations into electrical signals that can be understood by the brain

The structure of the ear

Sound, as we now know is produced when something vibrates and causes the surroundings to vibrate too, forming sound waves. Have you wondered how these vibrations are converted into precise sounds that we can hear inside our heads? As mentioned at the very beginning, the human ear is an amazing organ. The ear has extremely thin but string membranes that can capture even the barest of vibrations. This highly sensitive membrane is found inside our temporal bone and separates the outer ear from the middle ear and is called the ear drum.



The Anatomy of the Ear

However, such a highly sensitive device can be a boon or even a bane. A delicately crafted structure can be a piece of finely tuned machinery. But the inherent risk in such vastly delicate mechanisms is extremely high. Considering its delicate structure, the membrane can easily get ripped apart or infected. Sounds of very high intensity can damage or even permanently destroy our eardrums.

The entrance to our ear is but a small portion of its structure. The ear is an amazing structure; three tiered and embedded in the temporal bone. The eardrum is the device that captures sound and transmits it to the inner ear via a series of tiny middle ear bones- buffering the sound when it is too loud or amplifying it when weak. Perhaps these bones are the most novel ones to be found in the human body- they are shaped as a little hammer, an anvil and a ladder!

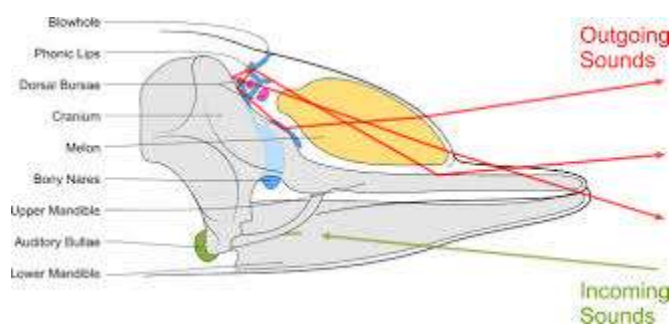
The outer ear, or pinna, is pointed forward with several curves. This arrangement helps you find out the course of a sound. Sounds that comes from behind or above is reflected off the pinna differently than if it comes from front or below. This reflection of sound modifies the array of the sound wave. Your brain distinguishes characteristic patterns and decides whether the sound has emanated in front of you, behind, below or above you.

The horizontal position of a particular sound is determined by your brain by equating the statistics obtained through your two ears. In case the sound is on your left, it will

reach your left ear a bit sooner than it reaches your right ear. Similarly, it will be a little louder in your left ear when compared to your right.

You will naturally hear sounds that emanate in front of you better than you can hear sounds from behind you. Most mammals such as dogs are endowed with large, flexible or movable pinnae that allow them to focus on sounds from a specific direction. The human pinnae however are not so proficient at concentrating on sound. They are more flat alongside the head and do not have the required muscles for noteworthy movement. But then you can effortlessly complement your regular pinnae by using your hands in a cupped form behind your ears. This helps to create a greater surface area off which sound can reflect and can direct sound waves into the ears better.

The mid-section of our ear is uniquely structured too. The presence of a canal that connects this section to our respiratory system is what makes it unique. Are you aware that our eardrum can burst if there is a difference in pressure between the ear's middle and outer tier? The canal is engineered in such a way that its presence maintains a



constant pressure both inside as well as outside! This also explains the fact that we tend to develop headaches when cold air is taken in by breathing and when there is a fall in pressure our ears ring.

The eardrum is stiff, and naturally very sensitive. The least air-pressure variations will move it back and forward. The ear drum is connected to a muscle known as the tensor tympani muscle, which continually pulls it inward. This helps in keeping the entire membrane rigid so it will vibrate regardless of which part is struck by a sound wave.

This membrane functions similarly to the diaphragm of a microphone. The compressions rarefactions push the drum back and forth. The drum moves faster with higher pitched sound waves and a louder sound moves the drum a greater distance.

The eardrum also serves to shield the inner ear from extended exposure to loud and low-pitched noises. When your brain obtains a signal that shows this kind of sound, a reflex happens at the eardrum. The muscles abruptly contracts and pulls the eardrum as

well as the associated bones in two opposite directions, so the drum becomes stiffer. When this occurs, the ear doesn't collect much noise at the lower end of the distinct spectrum, and the loud noise is diminished.

Apart from guarding the ear, this reflex helps you focus your hearing. It covers loud, low-pitched background noises so you can concentrate on higher-pitched sounds. This helps you continue a discussion even when you are in noisy surroundings, such as a rock concert. This reflex also sets in each time you start talking- else, the sound of your own voice will mask other sounds around you. The eardrum is the complete sensory component in your ear- the remainder of the ear helps only to pass on the information collected by the eardrum.

The most complicated part of the human ear is the inner tier. This section has a labyrinth of finely structured bones, spiralling about its own axis and forming a shape akin to that of a snail's shell. This inner ear has a dual function: it not only converts sound, it functions as our very own internal gyroscope! Without proper orientation or sense of balance, the smallest chore could be impossible. Ailments developing from minor ear infections can degenerate rapidly, adversely affecting our balance. Hence this vital system needs more than average protection.

The best part is that our bodies have naturally evolved numerous mechanisms of protection. We normally loathe wax that forms inside our ears for the simple reason that it has a nasty smell and looks dirty. But it is there for a few good reasons! Ear wax actually lubricates the ear canal keeping it from drying. It also captures dust and particles of pollen that drift in. The despicable ear wax even has antiseptic properties. So those of you who are fond of regularly cleaning your ears, let go the 'good' habit. You actually need a bit of wax in there to keep your auditory canal lubricated and protected. You would be well advised to circumvent cotton buds because they leave behind fibres in the ear that could clog the canal and led to infections.

Chapter 2- An introduction to Tinnitus

Ever hear about a disease with many symptoms? Well, Tinnitus can be a symptom of many diseases. No method of prediction or analysis has ever been 100% precise. We can only elaborate off pre-determined models, and assume the outcome with the highest probability. Tinnitus can be a minor nuisance, or the herald of a much more dangerous ailment. Be it mountain or molehill, gaining awareness regarding any condition is the best way of combating it.

In the following chapter, we will learn about diagnosing a disease, what is sound, and how it interacts with the human ear. We will analyze the nature of persistent ringing, and see if it really is a cause for concern. By learning how the acoustics and physiology aspects work, Tinnitus will seem less frightening. Hopefully, we will gain greater insight into how our sense of hearing works, and how a disease can alter our perceptions.

A cause for concern? Vague, yet sometimes serious.

In the medical field, there are 2 types of phenomenon that doctors have to observe: the cause, and the symptom. One could easily be mistaken for the other, due to the complicated chemical and physical nature of the human body. A single cause can generate many symptoms, and one symptom can have multiple causes. To make matters worse, many diseases have overlapping effects, making it more difficult to narrow down our search. This distinction is very important to make, because your treatment plan depends on it.

For example, if someone is experiencing stomach pain, that is a very vague manifestation. It can be an inherent illness in itself, or the symptom of a much greater problem. Same goes for someone that has a high fever. If you assume that the fever is the most serious issue, you will just flood that person with antibiotics. The fever will



temporarily go down, while the true cause will continue to wreak havoc inside the patient's body, masked by the false sense of security that we obtained, thanks to the diminished fever.

The opposite can be true, and we can over-react and medicate too much. By panicking and treating a simple headache like it's the end of the world, you may be helping other bacteria and pathogens in your body. Heavy medication, especially antibiotics, will weaken the organism's natural defences, and aid the bacteria to build up a resistance.

The term Tinnitus, comes from the Latin word Tinnitus, which means ringing. Most people experience this condition at least once in their life, and in a vast majority of cases, it presents no cause for concern. Our ears are finely tuned biological machines that are capable of capturing sounds, and turning them into nerve impulses. The more complex a system is, the higher the likelihood of something going wrong. Usually, it is best to wait for a few days and hope that the condition goes away. Only if it persists, should you seek out a medical professional. Tinnitus is very vague, and it can have a wide variety of causes. A premature diagnosis is often a false one.

Occam's razor, is a general principle that recommends the shunning of unnecessary complexity, in favor of the simplest solution. Only if the basic explanation fails, should we appeal to more complex theories.

Acoustics, how do they work?

We cannot hope to understand the human or animal ear, without understanding how sound works. The simplest definition of a sound wave is a mechanical disturbance that propagates through various mediums. Air is just one possible pathway, but almost anything can carry sound waves. For example, water is at least 20 times better at



propagating sound- that is why sea mammals such as whales and dolphins have evolved such a complicated language based on clicks. They can sometimes communicate, even if they are tens of miles apart.

In hopes of aiding that sound propagation, our ears have evolved into an airtight series of tubes, sculpted into our skull temporal bone. This is an airtight system, which more or less protects our hearing from exterior disturbance. However, try as we might, perfect, unaltered hearing is a pipe dream. To understand how much physiology affects perception, please recall the first time that you have listened to your own recorded voice. Most of us are shocked by how strange, squeaky and annoying it sound, when compared to what we hear when we speak. Why is that?

If your friend talks to you, the sound waves he produces travel through the air, until they reach your ears. When you speak, the situation is a little different, because you are not only hearing the airborne sound, there is the added perception of the vibration in your skull. Sound has to travel through the soft tissue and bones of your face, to reach your eardrums. The result is a smooth baritone sound that often conflicts with the recording of our voice. Hearing is a very subjective experience, easily affected by outside factors. Do not expect it to be perfect, although you should watch out for things that disturb the usual pattern.

Tinnitus and links to mental health

Not all fluctuations in perception are benign, and any persistent irregularity should be examined by a medical professional. As previously stated, Tinnitus is a very vague diagnosis, as it may have a plethora of causes such as: insufficient circulation of the auditory system, age-related degradation, physical injury, and intrusive foreign bodies that have worked themselves into your ear canals.

It may also be objective or subjective. In the case of objective Tinnitus, the doctor that is performing the consultation will also hear the hiss or ringing. Objective disturbances are more personal because only the sufferer can perceive them, and they may even be psychological. In many cases, the doctor has no other choice but to rely on the patient's description of the experience. You will be asked to rate your discomfort, and the



intensity of the sound itself, on a scale that ranges from mild to unbearable.

For some reason, people that are struggling with reduced attention spans, stress, general fatigue and reduced memory are also predisposed to develop

auditory irregularities. The jury is still out on the exact correlation between the two. It may be the case that Tinnitus amplifies these ailments, or that it is a consequence of their manifestation. This reinforces what we already know is true, that physiological phenomenon are irrevocably linked to our mental well being. It demonstrates that even in the case of Tinnitus, psychological counseling is an important part of the recovery process. As a side note, one could also look at the experiences when Tinnitus can literally save you.

If you were asked to describe boredom, how would you answer? Similar to any sensation, boredom is very difficult to describe, due to the extremely visceral reaction that our bodies have. If we would try to determine the cause of this seemingly benign

condition, we would reach the conclusion that it is an early stage of sensory deprivation. Currently, as far as we know, our brains are the most complex arrangement of atoms in the Universe. The nature of our self-aware minds is shrouded in mystery. What we do know for sure, is that such sharp mental claws need constant sharpening. Boredom is just our body's way of telling us that we are stagnating, and we need to go out there and seek more knowledge and excitement. Brains demand constant stimulation- that is why routines are so detestable. In fact, they are considered to be the death of the soul.

But what does boredom have to do with ringing in our ears, surely they can be linked? Well, in most cases, they are not, except when the person is experiencing an advanced degree of sensory deprivation. Being bored is just the first stage of a much more brutal process, that many claim is far worse than death. Experiments that would be considered barbaric by today's standards, have introduced subjects to the full extent of silence. Locked in sensory deprivation chambers, they could not hear, see, smell or taste anything for several days.

The results were grim at best, as insanity slowly crept its way into the test subject's minds. It is a horrible consequence of our knowledge and stimulus seeking minds, one that many other creatures do not experience. Curiosity literally kills us, not cats. So why do these horrid symptoms do not occur on a daily basis? Well, our minds are aware of their weakness and they have built-in mechanisms to prevent that. The first is the sensation of boredom, that itching to experience something interesting or stimulating. If that does not work, our friend Tinnitus may intervene, as an auditory hallucination.

It will start as a ringing in your ears, and it may even progress into full-blown melodies. Your eyes will go through similar hallucinations, as your mind is trying to stimulate itself. That explains how blind people can dream or hallucinate. Now we understand how Tinnitus can have deep ties to our unconscious brain, acting as a failsafe mechanism.

To pill, or not to pill

If you are currently on any type of medication, you need look no further than that. Some “heavy” pharmaceutical solutions such as antidepressants or painkillers have been linked to a persistent ringing or hissing in the subject’s ears. Before you attempt



anything else, it would be wise to shift to another brand of pills, and see if the situation improves. Thankfully, our society’s emphasis on medication has created plenty of alternatives to choose from.

However, no matter how sure you are of a certain diagnosis, despite strong evidence, do not rush to any conclusions. You should always work with your doctor, not against him/her. The issue with modern pharmaceuticals in general, is that they lack precision. This lack of precision should not be confused with a lack of effectiveness. In fact, most drugs are extremely efficient at what they do, as they are carefully engineered to rid us of our ailments.

Problems are caused by their broad and aggressive nature. If you had to kill a fly, would you use a grenade or a sledge hammer? Of course not, that would be foolish! The best approach would imply using a fly swatter. Drugs flood our systems with chemicals, that may solve the problem, but they also cause a series of side effects. Tinnitus is one of the most fortunate of these side effects, while other more serious cases involve liver damage, renal failure, hair loss, heart problems and so on.

This is in no way, a claim against drug use. Because like it or not, grenades are all we have when attempting to fight back. It is a statement that hopes to raise awareness regarding the ease with which we resort to pharmaceutical remedies. Fortunately, Tinnitus is literally an alarm that goes off when something goes wrong.

Blood, rust, cancer and old age

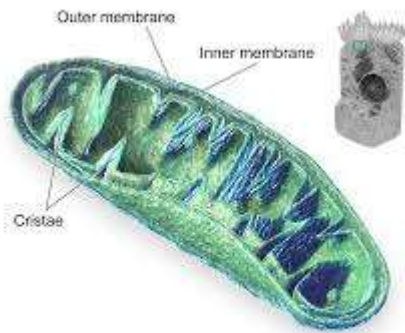
When you eliminate mental conditions, sensory deprivation and heavy medication, what else can cause Tinnitus?- a lot of things actually! Let's discuss rust, and how it affects some metals. Oxygen permeates our atmosphere, fills our lungs, and makes modern life possible. There are plenty of benefits to having it around, but it is not a perfect gas. Without delving too much into high school organic chemistry, we must recall that all atoms consist of a nucleus, orbited by tiny electrically charged particles called electrons.

The issue with oxygen is that it needs eight of these particles. It craves stability, a state that can only be brought by having an octet orbit. Here is where the issue arises, because oxygen is missing two electrons, and without them it can't just float around. Given this unsatisfied state, it will bond with anything, just to reach its goal. The most famous example is when it molds with two Hydrogen atoms, creating water. Prolific as it may be, water is not the only viable partner. Almost anything will do, acting as a reagent for a process called oxidation.

When iron rusts, that is oxidation. We expect certain metals to rust; however, we are taken by surprise when we learn that our bodies go through the same process. Atoms that are not satisfied become elements known as free radicals, which have the potential to alter our body's chemistry.

Have you ever heard a commercial or a nutritional expert recommend antioxidants? They are elements that fill in the gap, complete the puzzle, and prevent oxygen from bonding with vital chemicals in your body. This slow and constant erosion is considered one of the main causes for cancer, and even hearing loss. The scientific term that is used to describe it is called oxidative stress. When they are stressed on a regular basis or by an intense burst of sound, your auditory cells will release free radicals.

Almost every living human cell has an integrated power facility called a Mitochondrion. They use oxygen to convert and synthesize energy through a process called cellular



Mitochondria

respiration. Although we are not clear regarding the specifics, these tiny organelles are responsible for the secretion of some free radicals. It should not be understood that mitochondrion are entirely to blame for the occurrence of free radicals because, as previously stated, this is an almost universal phenomenon. They only accentuate and amplify it, in the presence of persistent loud noise. Basically, if you are not made from gold or silver, you are constantly rusting.

If your ears are ringing and the symptom is not going away, you should try adding more antioxidants to your diet. More often than not, prevention is the best treatment for any bad situation, medical or otherwise.

Speaking about prevention, let us discuss the dreaded “C” word- cancer. Technically speaking, cancers are a wide array of conditions which are lumped in together. Their causes are as broad as their manifestation, providing the justification for their elusive nature. The common trait that all cancers have, is the uncontrollable and unstoppable division of cells. This division can be triggered by 2 main factors: genetics and environment.

We all have a certain predisposition for this disease. For some it is higher, while others have a very low chance of it occurring. Every person is playing the lottery each day, dreading the possibility of drawing the “winning” ticket. It is as unavoidable as the rising sun, because it is a consequence of life. Every time a cell divides, our body must copy its DNA, in order to make a duplicate. This copying process, otherwise known as

transcription, is very precise, but it is not perfect. Once every few million copies, an error called a mutation occurs. Most are harmless, others are useful, but some can kill. A certain transcription error will cause a cell to excrete a large amount of TGF (tumor growth factor).

The surrounding cells will try to distance themselves from the cancer, and for a time it will work. As the tumorous part begins to grow, the TGF affects others, causing them to secrete more tumor growth factor, starting a nearly unstoppable chain reaction. Environmental factors cannot directly cause this event; however, they do increase the likelihood of its occurrence.

Cutting out the surrounding tissue is the best way to get rid of cancer, but it only works if it has not spread to other areas. But what if a tumor grows in an area that cannot be so easily removed? Your heart, lungs, thyroid and even auditory nerves are not spared its onslaught. Here is another instance when Tinnitus can be a mixed blessing. Although it is quite rare, a constant state of ringing in one's ear can be the telltale sign of a tumor pressing down on the auditory nerve. You should not be scared, because there are plenty of other possible causes. However, cancer is, and will remain a probable cause. When all else fails, you should consider getting a head scan.

On a lighter note, ringing can also signify the coming of old age. The delicate hairs that are responsible with converting sound into nerve impulses cannot be replaced; they are one of the few things in the human body that do not regenerate on a regular basis. Nobody can turn back time, but we can prepare for its passing. By following certain dietary plans that we will discuss in the following chapters, you will be able not only to delay an eventual onset of Tinnitus, you will also have greater hearing well into your senior years. We are what we eat, so by watching our diet, we assure a more productive and fulfilling life.

Other factors that cause Tinnitus are: an infection of the outer, middle and inner ears, a build up of ear wax, and even a burst of loud noise. Diseases that do not directly target your sense can also play a part. The ear is just the receptor, the beginning of a much more complex system that is tasked with forming sensations. Arguably, our neurons are the most important piece of the puzzle. They not only act as wires that carry the impulse, they also form the brain that processes that info. If something happens to the neurons, even the best cochlear implant cannot save you. Nervous diseases are similar to cancers, as they are triggered by genetics, accentuated, hastened and catalyzed by certain environmental factors.

Physical injury can fracture your skull, damage your balance, and rupture your eardrum. All of these unfortunate consequences may also trigger Tinnitus. The only positive thing is that a head fracture is very easy to spot. In fact, one could say that it's hard to not notice when you receive a sharp blow to the head.

In conclusion, Tinnitus can be a slight annoyance, or the herald of a much more dangerous ailment. These were the most common factors, but there are others. Research empowers us, and lets us hold the reins of our own treatment. Hopefully, now that you know more about it, you and your doctor will have a head start in diagnosing and treating this condition. As it is with any sound, more often than not it is trying to tell you something. Ignore it at your own peril.

Chapter 3- Foods which are beneficial to Tinnitus sufferers

Tinnitus is not easy to deal with, but you can keep it under control and even get rid of it by watching what you put in your body. Think about the saying: “We are what we eat”. On an abstract level, we really are. It’s easy to miss the direct link between our diet and the illnesses and conditions which can make our life harder.

But one thing is certain, and that is: our health is tightly linked to our lifestyle. And the lifestyle is tightly linked to our diet. It would be wonderful if you would quit smoking, start sleeping well and become active tomorrow. However, you will never be able to carry out all these changes without a balanced and healthy diet to back it up.

Tinnitus has many underlying causes. Knowing how other illnesses and conditions can trigger or worsen your Tinnitus is the first step in healing it. If you want to get rid of this affection in a natural way, a proper diet is surely going to help you. All you need to do is to balance the intakes of vitamins and nutrients needed for curing the affections that can cause Tinnitus.

In the following pages of this chapter you will find an extended and detailed guide on which foods are beneficial for Tinnitus sufferers, based on what causes their affection. Before we go further with the diet guideline for the Tinnitus sufferers, you should consult the next table to see the main illnesses, injuries and elements that can cause Tinnitus:

1. Aging
2. Earwax blockage
3. Otosclerosis
4. Meniere's disease
5. TMJ disorders
6. Head or neck injuries
7. Acoustic neuroma
8. Atherosclerosis
9. High blood pressure
10. Turbulent blood flow
11. Malformation of capillaries
12. Antibiotics

13. Cancer medication
14. Diuretic medication
15. Quinine medications
16. Antidepressants
17. Aspirin overuse

All these causes must be taken seriously and you should pay a visit to your doctor before you make any decisions on natural treatments or medication. But the next thing you must do is to reconsider your diet and lifestyle. With the correct diet and the proper treatment, you will be able to get rid of both this hearing affection and its cause. In the following chapter we will break down the food pyramid and we will discuss more about how certain ingredients will help you in this affection. From the basic grains, fruits and vegetables to the occasional desert and glass of wine, we will analyze every level of the healing food pyramid. You must eat anyway, so why not eating the right foods, which will bring you benefits when it comes for both treating your Tinnitus and for living a healthier and happier life. This diet is not only beneficial for Tinnitus, but also for the rest of your organism. None of the food groups presented in this chapter have serious side effects or intrusive nutrients. Some people might suffer from allergies to some of the ingredients found below, but nothing is irreplaceable. If you find an ingredient that just doesn't work for you, all you need to do is to search the internet for its best alternative.

At the end of the chapter we will discuss about your lifestyle and the changes needed to improve it. We will also offer you advice on how to keep focus on a healthy diet and lifestyle. With no further ado, let's start analyzing the foods beneficial to Tinnitus sufferers.

Vegetables

Green is the only color you need to have in mind when you are thinking about the vegetables for a Tinnitus diet. Most people are ignoring vegetables, since they are not as tasty as burgers or pizza. However, they will bring you plenty of benefits. Green and leafy vegetables are the main ingredients you must include in your diet. You can easily adapt your cooking to include spinach, Brussels sprouts or broccoli. At the same time, you can use leek, spring onion or cabbage in salads.



Mushrooms also have the same effects as green vegetables for Tinnitus sufferers, even if they don't match the color or food group. So have eggplants, sweet potatoes and sweet corn.

The secret of this food group lays in the vitamins A, which can heal the surface of your eardrums, reduce inflammation and improve the peripheral circulation. The secondary nutrient of the vegetables that will help you in treating your Tinnitus is vitamin E. This vitamin is found in everything green and its main effect is the increase of the oxygen level in your blood. The vegetables of this group are also rich in antioxidants and amino-acids and phenolic-acid.

But, a diet rich in vegetables also has a tricky part. There are people sensitive to the salicylic acid, one of the members in the phenolic-acid family found in most of the vegetables. Tinnitus can be one of the side effects of this allergy. So before you include vegetables in your diet, make sure you are not allergic to salicylic acid. The foods that contain high levels of this acid are mushrooms, radish, all kinds of pepper and olives. If you have such an allergy, you can still enjoy the benefits of vegetables in your diet, with the condition to avoid these four ingredients.

Fruits

When you suffer from Tinnitus you can find healing in delicious ways. Regardless of how you choose to consume them, certain fruits will increase your blood flow and oxygen levels, boost your immunity system and give you more energy than coffee or other drinks that can damage your organism.

Eating the fruits raw is one of the best ways of increasing your intake of B vitamins. You can easily include fruits in your diet, because no preparation or cooking is required. Just buy them, store them properly and have them as snacks between meals.

Another great way of taking advantage of the beneficial properties offered by fruits is to adopt a green smoothie diet. This doesn't mean you must adopt a fruitarian diet, but you can replace your soft drinks and coffee with a tall glass of delicious and freshly blended juice. All you need is a blender and some recipes that can easily be found online.



Here is a smoothie recipe that will surely fit your new Tinnitus diet. This is a smoothie that can be drunk anytime and anywhere you are, since it doesn't have diuretic properties or other effects that can put you in an uncomfortable situation. Here are the ingredients you need for this smoothie:

Two bananas

A kiwi,

A quarter of a pineapple

One teaspoon of spirulina

One teaspoon of bee pollen

One piece of aloe

A cup of blueberries

Coconut water

One tablespoon of honey

Peel everything and slice it in little cubes then put them all in your blender. Add the pollen (which is more readily available than you may believe), honey and spirulina on the top, and then fill the blender with coconut water till it covers your mixture. Blend it well and serve it fresh. Enjoy!

Grains

If you ask a follower of the primate diet plan about grains, he will say you shouldn't touch them. It's the same with vegetarians, gluten-free enthusiasts and paleo dieters. However, these are just opinions. What's fact is that a balanced intake of whole grains will bring you many benefits. Maybe the benefits are not going to help you get rid of the Tinnitus directly. However, the whole grains will build the foundation of your healthy diet.

At the same time, whole grains will improve your brain functions. Brown rice, whole wheat and oatmeal are known for their effects on the brain. If you include these ingredients in your diet, you will increase the intake of proteins, fibers iron, vitamin Bs and omega 3/6 lipids. These nutrients will have wonderful effects over your heart, improving the circulatory system and facilitating the nutrients delivery to your brain. A well-fueled brain will become sharper, more focused and able to cope with the



annoying effects of Tinnitus. Similar to the buzzing caused by Tinnitus, your ears are always stimulated by the static noise of the environment. You don't hear it because your brain is choosing to ignore it. It will do a similar thing with the Tinnitus buzzing, helping you sleep at night and get the rest needed in a healthy lifestyle.

Don't just ignore whole grains, hoping that without them you will be able to keep your weight under control. Starving or omitting foods is never going to help you lose weight. Only an active lifestyle and regular workout will. If you will start working out, you will see that whole grains won't seem such a bad idea anymore. Whole grains will offer you the proteins needed to build muscle mass while helping your brain fight against the effects of Tinnitus.

Legumes

The legumes should be, and probably are, one of the most common ingredients in every diet. No matter what your tastes are, you must eat legumes at least once every couple of days. The most popular and beneficial legumes for the Tinnitus sufferers are the beans and peas. There are thousands of variations of beans and peas, but we will only talk about the ones that could help you with this annoying hearing affection.

The beans and peas are divided into two main categories, based on the concentration of vitamins they contain. There are beans with high levels of B vitamins and beans with high levels of C vitamins. Here is a simple table of the two categories:

Vitamin B rich beans and peas	Vitamin C rich beans and peas
Adzuki Beans	Split Peas
Black Beans	Soy Beans
Black Eye or Cow Peas	Navy Beans
Lima Beans	Kidney and Red Beans
Mung Beans	Chick Peas
Pigeon Peas	Garbanzo Beans
White Beans	Fava Beans

These two categories contain different amounts of both B and C vitamins, but we labeled them after the dominant nutrient. Besides these vitamins that will help you in healing your Tinnitus, the beans in the previous table are rich in potassium, phosphorus, calcium and magnesium. Selenium, zinc, copper and iron can also be found in these aliments, but in smaller amounts. Perfect as side dish, the beans and peas can be easily cooked. More than that, beans and peas are part of the most affordable foods, while having a high nutritional value. This food group is perfect for students who are struggling with putting together a healthy diet, because of their reduced finances. It's healthier and more delicious to consume beans and peas instead of instant noodles or microwaved foods.

Healthy Fats

For a person who never tried to watch what goes on their plate and never tried to adopt a healthy diet, the word fats and healthy are antonyms. The popular belief imposed by all kinds of fashionable lifestyles is that fats are out of the question when it comes to an active and healthy lifestyle. Many of the fats you stumble upon every day can be helpful for your diet and even beneficial for the Tinnitus sufferers.

There are four types of fats and only two of them are healthy. The following table will help you keep an eye on what fats are getting in your everyday diet and keep the bad ones away from your organism.

Healthy Fats		Unhealthy Fats	
Monounsaturated fats	Polyunsaturated fats	Trans fats	Saturated fats
Olives	Fatty fish	Butter	Microwave foods
Avocados	Soymilk	Lard	Fast food burgers
Sunflower seeds	Tofu	Whip Cream	Margarine
Peanuts	Walnuts	Ice cream	French fries
Peanut butter	Soybeans	Palm oil	Deep fried meat
Nuts	Seafood	Coconut oil	Candy bars
Sesame oil	Flaxseed	Chicken skin	Industrial dough

Based on this table, you will be able to put together your daily dietary plan, knowing on what to give up and what to include. Even if it seems that the aliments in the unhealthy fats columns are tastier than the ones in the healthy fats one, don't panic. Your diet shouldn't be based on the taste of the food you eat, but on the benefits that brings you. And, over time, you will learn how to cook extremely delicious dishes with healthy fats.

Herbs and Spices

The health benefit of your diets shouldn't limit to the main ingredients you use. The seasoning and spices you use in making your food tastier and more aromatic can also help you in the natural treatment of Tinnitus.



The herbs and spices you can use in a Tinnitus diet are affordable, accessible and easy to integrate. You can just sprinkle them over any type of food you eat, as long as it goes well with the taste. Here are five of the spices and herbs, which are beneficial for the Tinnitus sufferers and can be easily included in your everyday diet:

- Cinnamon
- Nutmeg
- Black pepper
- Paprika
- Turmeric

As you can see, this list of 5 basic spices that shouldn't miss from your kitchen can be adapted with anything in your diet, from salty to sweet dishes. What's important is to make sure you are not allergic at one of these spices. People tend to omit spices off the list of suspects when they get an allergic reaction.

However, for some people, a spicy or seasoned diet is not a good idea. Cinnamon, nutmeg and turmeric are not recommended for pregnant ladies or people on anticoagulant medication. Also, the black pepper and the paprika are not recommended for people with ulcers or gastro-intestinal conditions.

A more powerful spice used in natural treatments of Tinnitus is the Wolfberry. This is a red and stretched berry original from China, used in the natural treatments of Tinnitus in mixture with different cereals and whole grains. These berries have really high levels of essential oils and antioxidants. It's also used for different affections of the ears that can cause dizziness or agonizing pains. Even if it's extremely healthy, the Wolfberry is not recommended for diabetics or people on blood pressure medication.

Dairy and Eggs

How can you say you had a breakfast if you hadn't eggs and milk. For most people, having a breakfast with dairy products and a couple of eggs is more efficient than a cup of coffee. Since these are the two main ingredients of a protein and calcium rich breakfast that can keep you active through the day, you can't give up on them. The white of the eggs is perfect for the Tinnitus sufferers as it contains all 8 essential acids and it won't affect your hearing in any way. The dairy issue is a little more delicate as there are some lactose intolerant people for who milk is out of the question. Milk substitutes, such as soy milk, are perfect alternative. Soy is a great vegetable for the Tinnitus sufferers, so you should think about including it in your breakfast.

If you have no problem with this intolerance, you should still change the dairy products you're used to. Most likely, you're using dairy products based on cow milk. However, cow milk is not so good for you. The popularity of cow milk dairy products is the result of the



ease of production, but that doesn't make it the best choice you have. For the Tinnitus sufferers, the most beneficial dairy products are based on goat and sheep milk. Yes, cow milk has less saturated fats and calories than goat or sheep milk. But at the same time, the cow milk also has a lower concentration of calcium, potassium, B-12 and magnesium. These are essential nutrients for every diet designed for Tinnitus healing.

Bottom-line, you should go for goat and sheep milk, even if you will need to add a couple more minutes to your workout routine in order to burn the extra fat and calories that come with it- and of course adapt to the taste.

Fish and Seafood

The fish and the seafood are some of the most beneficial sources of white meat and the base of any Mediterranean diet, next to olive oil. But this food category is huge, so before we start talking details, let's see what it actually contains. First of all, we have the fish group and here we are talking about all fish meant that comes from rivers and lakes (fresh water). In this category we are talking about bass, salmon, tarpon, trout, catfish, carp and so on. In the same food group we also have the seafood category. Here are the components of this wide and vitiated category, which basically includes all forms of life found in oceans and seas:

- Fish (shark, tuna, cod)
- Mollusks (clams, sea snails, squids)
- Crustaceans (lobsters, crabs, shrimps)
- Other animals (sea mammals, jellyfish, sea cucumber)
- Aquatic plants (seaweed, microphytes)

Both white and oily fish will provide you with the same levels of selenium, proteins and phosphorus, while keeping the cholesterol to a minimum. The real difference is when we look at the nutrients required in a Tinnitus diet. In oily fish meat, the level of omega-3 fatty acid is four times higher than in the case of white fish. Vitamin B levels are also four times higher in oily fish, which also comes with a higher saturated fat level.

However, the fish should be cooked carefully and it shouldn't be abused. Besides the high risk of damaging doses of mercury, you can also expose yourself to Ciguatera, Haff disease and Scombroid food poisoning. However, these risks can be easily avoided if you cook the fish properly.

Lean meats

The lean meats are not as healthy as the rest of the food groups we presented so far, but they are still one of the best sources of nutrients for people suffering from a lack of iron. The iron is an essential mineral and when it lacks, the individual starts suffering from anemia or hemorrhages. These affections can lead to an early development of Tinnitus in aging individuals and aggravate the symptoms and annoyance of the hearing impediment in the sufferers. The iron deficiency can be fixed with a regular intake of Myoglobin.

Myoglobin is a protein found both in the muscles of mammals and birds. If your condition is not too aggravated, you can fix the iron levels in your organism by eating chicken meat every now and then. But chicken meat only contains 0.05% Myoglobin, so for a higher necessity you will need to include pork or beef in your diet. While pork has a 0.1%-0.5% Myoglobin level, the old beef meat can contain it in concentrations of up to 3%.

But the benefits of lean meat are not limited to Myoglobin. Adapting red or chicken meat in your diet, the levels of vitamin D, zinc, phosphorus and creatine will also go up. But one of the nutrients that's also highly important in treating Tinnitus is the lipoic acid. This is a powerful antioxidant, reducing the inflammation and irritation of the tissues in your inner ear, reducing the effect of Tinnitus and accelerating the healing.

If you want to follow a healthy diet, you will need to use fresh red meat in your dishes. Recent studies have spotted the link between processed red meat and heart diseases. But as long as you use fresh meat in your cooking and you don't exaggerate with it, you have nothing to worry about.

Desserts and wines

A study published in 1982, in the "Acta Oto-Laryngologica" journal stated a correlation between Tinnitus and elevated sugar in the blood. At the same time, a low blood sugar can affect your brain functions, which will make the effects of Tinnitus even more unbearable. The secret of a balanced relation between your sugar intake and Tinnitus diet is a carefully consumption of sweets. If you want to improve the functions of your brain, the only sweet you need to think about is dark chocolate. Any chocolate with over



65% cocoa is perfect for your Tinnitus and it will offer you the brain fuel you need, without elevating your blood sugar. You will also assimilate glucose from the fruits and vegetables you will consume, so no need to exaggerate on desserts.

Another guilty pleasure that can be both a cure and a cause for Tinnitus is red wine. No doctor will say that wine, or alcohol in general, is poison for your organism. But it can be if consumed in excess. A glass of wine after dinner, twice or three times

per week will do wonders for your Tinnitus. The reason is the elevated level of reversatrol found in red wine. The reversatrol is a powerful anti-oxidant that will improve the peripheral blood flow and improve the tissue regeneration. If you can't drink wine, regardless of the reason, you can assimilate the reversartrol from grapes, raisins or pineapple. The reversatrol is perfect for the people working in noise polluted environments. It strengthens the elasticity of the ear drums and it facilitates the recovery of your hearing after a stressful day.

Tea

The tea is one of the bases of traditional medicine. Used since ancient times, both the Chinese and the Native American medicine was mostly based on plant infusions and teas. Today, we have many other options in the treatment of Tinnitus and other affections, but tea remained one of the most non-intrusive and natural remedies. Here are the three main plants that can be used for tea by the Tinnitus sufferers.

- Green Tea

The Green Tea is one of the most used and appreciated teas worldwide. Used both by the western and the eastern civilizations, the green tea originated in China and it's made with the leaves of the Camellia Sinensis plant. The tea was mainly used to treat asthma and angina pectoris, but its effects are beneficial for the peripheral circulation affection and the prevention of arterial diseases, both of them causes of Tinnitus. The anti-oxidant effects of this tea are also believed to have anti-cancerous effects and to balance the cholesterol and blood sugar levels. It's also a great alternative for coffee and other drinks that can affect your hearing, blood circulation and brain functionality. At the same time, a high consumption of green tea will result in a high caffeine intake, which has the potential of damaging your nerves, accentuating the effects of Tinnitus.

- Fenugreek

Fenugreek tea is one of the most used natural remedies in the fight with Tinnitus. It's widely used all across Asia and now it starts to gain popularity in US as well. The Fenugreek is worldwide spread plant, but for the tea, people use only the seeds. You start by taking 500 mg of Fenugreek seeds and soak them in five ounces of fresh water for about three-four hours. Then you can drink it either cold or hot.



This remedy is not guaranteed to heal you from Tinnitus completely, but it's one of the best relieves you can put together at home. It will calm you down and make the annoying buzzing go away, helping you relax and get the rest you need. You can use this tea every day, whenever you feel the effects of Tinnitus kicking in. Fenugreek doesn't contain any caffeine or substances that could cause tissue or nerve damage is used in excess. Everything will be flushed out of your system in several hours after you drank the tea.

- Ginkgo Biloba

Ginkgo is another ancient Chinese plant used in traditional medicine for various affections, starting with the common cold and ending with cancers and hearth diseases and even Parkinson's. Its antioxidants effects would do wonders for your blood flow and tissue regeneration, but it will also help your brain function more properly and relax better. The tea is made through the infusion of the Ginkgo leafs in hot water. It has little to no side effects, being a mild diuretic. Besides of that, you will be able to drink it whenever you want.

Aliments and habits to avoid

If you are a Tinnitus sufferer, you will be overly sensitive to foods and beverages that can affect your nerves and tissues. You see, it's not enough to start eating healthy and exercise regularly when you start a diet for Tinnitus. Like in any other diet, you will need to cut back on the bad habits and avoid the substances with damaging effects to your

blood flow and nervous system. Here are some advices and things you should really avoid if you are suffering because of Tinnitus and you want to start a diet.

Coffee

One of the first things you need to cut down from your habits is coffee. Coffee will dehydrate you, which is not good for your blood pressure and peripheral circulation. But the worst effect of coffee on your Tinnitus is not the fact that it won't help healing it. It's the fact that it will make its effects even more annoying. On one hand, coffee will affect your nerves, intensifying the buzzing sound you hear all the time. On the other hand, coffee will make you irritated and keep you awake, making Tinnitus unbearable and putting you on the verge of insomnia.

Smoking

As in any other affection and diet, smoking should be the first thing you do before thinking of improving yourself. If you are a long time smoker, it's probably the very cause for which you're suffering from Tinnitus. Smoking clogs blood vessels, lowers the oxygen level of your organism and can affect your nervous system. I know smoking seems like the 'rest resort' in the moments that ringing becomes unbearable, but you will feel a lot better after you will quit.

Salt

Salt has the same effects on Tinnitus sufferers as smoking and coffee. If you want to ease the effects of this hearing condition, you must pay attention to your salt consumption. That doesn't mean you must stop using salt in your cooking. It's true that you must use less than you probably use now, but you will also be able to cut back on salt by taking care of what you buy. When you look for foods, check out the labels and choose the product with low sodium intake. Salt is usually labeled as sodium or NaCl, so make sure to check for any variation of the name. Salt is not a bad habit, so you won't struggle to reduce it from your diet.

Medication

If you are a Tinnitus sufferer, make sure you mention this during a doctor's visit. There are certain drugs that shouldn't be taken in your condition. Some of these drugs are:

- Aspirin
- Quinine
- Aminoglycoside antibiotics
- Cytotoxic drugs
- Diuretics
- Idiosyncratic drug

Most of them will alter your blood flow and the oxygen level, which are important aspects in every Tinnitus treatment.

Alcohol

Even if a glass of wine every now and then is a good idea, alcohol in general is not recommended for Tinnitus sufferers. There are studies showing an increase in Tinnitus



cases in young adults who abused alcohol as teenagers. There is no direct link to support this study, but it's believed that at a young age, the alcohol consumption affects the auditory nerves. At the same time, regular drinking will affect your metabolism and slow the assimilation process for many of the

nutrients needed in your diet.

Recreational drugs

The usage of recreational drugs in Tinnitus cases are not studied by researchers. However, the logic dictates that people suffering from sensorial diseases, shouldn't consume hallucinogenic or photoactive drugs. These will overuse the nerves and brain functions, aggravating the sensations caused by Tinnitus. In some cases, the buzzing or the ringing can double or triple in intensity for people who are using recreational drugs in a regular basis. Because of that, people are not able to sleep or to rest their minds.

This can lead to severe cases of insomnia, panic attacks, neurotic behavior and even temporal psychosis. It's a wise decision to stay away from drugs in general, not only during a Tinnitus diet. Even if they seem harmless, their side-effects are piling up and can cause more serious affections.

How to keep focus on a diet

One of the easiest things about a diet is to start it. Or to say that you will. All those times you said you're ready to start eating healthy and exercise more must be left behind you. Now it's time to start eating, living and feeling healthier. The motivation you need can only be found inside of you. You just have to believe in yourself and keep your mind focused on your goals.

In this case, you will have an easier time staying focused on your goal. Since you are a Tinnitus sufferer, you will always get a constant reminder of why are you doing everything you are about to do. After the first week of eating healthy and exercising, you will notice the amelioration of your hearing affection. However, if you stop your diet for Tinnitus, you will experience the effects of Tinnitus once again. When that happens, you will suddenly remember why you started the diet and changed your lifestyle. Even if it's a sad and annoying motivator, the effects of Tinnitus are one of the best motivator for keeping focus on your first diet.

Another way of keeping yourself into the game and going through with this new diet is to include as many people as possible in it. If your partner suffers from a similar condition, convince him or her to join you in this diet. If your parents, other relatives or friends are in the same situation, involve them too. A diet based on foods which are beneficial for Tinnitus sufferers is also a good idea for teams of workers who are doing their job in noisy and dusty environments. The new nutritional plan will help the whole team recover and rest after a day of hard work. At the same time, the group pressure will keep you and the rest of your colleagues focused on the objective.

In the following chapter you will find out more about the 7 Day Plan for the Tinnitus diet. This diet is based on all the food groups and advice offered in this chapter, plus some other tips to keep you balanced out.

Chapter 4- Introduction to the Seven Day Diet Plan for Tinnitus

The Seven Day Diet Plan for Tinnitus is one of the most natural, non-intrusive and healthy treatments for your hearing affection. Regardless of the cause that triggered the buzzing, ringing or whistling in your years, with this diet you will be able to make it go away. The results won't show up overnight, so you will have to have patience and keep yourself motivated throughout this diet program. This is not a Spartan regime, but if you are not used with diets, home cooking, scheduled meals or physical exercise, you will find it a little hard at the beginning. But don't worry because once you pass the one week mark, everything will seem easier and even pleasant. This diet will offer you all nutrients, vitamins and minerals needed for ameliorating

and even healing Tinnitus. Of course, the healing part also depends on what's the cause of your affection. Some of the causes can only be treated with medication. But even in those cases, you will still benefit from our Seven Day Diet Plan.

Before you start following our diet plan, you must make a promise to yourself that you will stick to it. Also, this diet won't be efficient if you smoke, drink or take drugs in the same time. Here are some of the habits and vices you must give up before you start following this diet:

- Coffee
- Tobacco
- Recreational drugs
- Aspirin
- Painkillers (under doctor's supervision)
- Antidepressants (under doctor's supervision)
- Alcohol
- Salt
- Junk food
- Wild nights
- Loud parties and music
- Earbuds headphones

Some of the things mentioned in the previous list are easy to give up on, but others aren't. Depending on how much of an enthusiast or addicted you are, you will be able to cope with the quitting caffeine, tobacco, recreational drugs, painkillers and antidepressants. Some other bad habits, such as earbud headphones, junk foods, loud music and so on, are not hard to give up on, but it will do you a lot of good. In the case you are addicted to coffee, cigarettes, alcohol or anything else, the first week after quitting will go a little rough. But the physical and mental state you will achieve after the first week following our diet will convince you to stick to the new changes in your life.

Since you're starting a new diet, based both on healthy foods and an exercise program, one of the things you need to make sure of is to stay hydrated. Drinking water seems to be a thing of the past for the modern person. Now we replace water with energy drinks, soft drinks or we just ignore our hydration. Many health issues can be triggered by the lack of water in our organism. The kidneys won't function at full capacity, your blood will become thicker and move slower through blood vessels and you will feel powerless and thirsty all the time. We mentioned how much water you should drink in each day of our diet. Make sure to respect the dosage, as the

water keeps your kidney and liver running. It also helps the digestive process, assuring the proper intake of each the vitamins and minerals you will consume.

During this diet, you will also have to adopt an active lifestyle. We're not talking about a hard workout at the gym or marathons. Just some exercises to put your muscles to work and get your heart rate elevated. More than helping you get in shape, improving the oxygen level in your blood and the circulation, the physical activity will also make you feel better. During effort, your body releases a series of chemicals called endorphins. These endorphins will reduce the stress, help with depressions and with the cranky mood caused by the annoying effects of the Tinnitus. The physical activity we propose is based on easy jogs, yoga, cardio and fun outdoor activities. None of the exercises in our seven day diet plan will give you sore muscles or exhaust you. We will start with very easy workout sessions and we will increase the intensity as the weeks pass by. Over time, you will adapt your lifestyle to this routine and a desire to work out even harder will start settling in.

Besides getting your body in shape, you will also have to work out your brain. There are a series of mental exercises and meditation techniques, which can help the Tinnitus sufferers. These exercises will only take about 5 minutes of your day, but their effects will be priceless. The best part is that you will be able to perform them everywhere, either in your bedroom after you woke up, at the office or on your commute route, if you use public transportation, of course. Besides the benefits they bring for dealing and treating your Tinnitus, the mental exercises will also help you find the motivation you need for this diet plan.

The active lifestyle and our seven day diet plan would be in vain if you wouldn't rest properly. You must set a sleep schedule and respect it. Regardless of how busy your day is, always work something around and get at least 8 hours of sleep a night. Sleeping will help your brain relax and a rested brain will handle the annoying effects of Tinnitus easier. A rested organism also has an active metabolism and assimilates nutrients more efficiently. Besides time, for a proper rest you will also need a proper environment. The Tinnitus sufferers need to sleep in dark, well aired and most of all, quiet rooms. It's an extremely easy and efficient way of improving your health and also, your professional life.

Our seven days diet will not only help you ease or even heal your Tinnitus. It's going to turn you into a more active, productive and happy person. You will feel the effects of our diet in your hearing condition, but also in your relationship with your friends, family and coworkers. This diet

is not a scheme or a new trend. Is just a combination of healthy foods, workout and correct state of mind that will make you a better man or woman. Let's begin!

Day 1

The day is here! The day when you start a diet you will stick to. This seven day plan is not the regular one you find online and it will not be just one of the diets you tried this year. This is the diet that will change your life. It will set you free from the annoying effects of Tinnitus; it will improve your health, your professional and your personal life. Everything is here for you, all you have to do is to get it, and it's very easy. All you have to do is to stay focused on your goal and get ready to give everything you have in order to achieve it. Think about all the benefits you will get from this diet and build your diet around the plan detailed in the following pages. It's as simple as that and now you can do it too.

The tip of the day:

Let's say you start this diet on a Monday, as many people do. Waking up is hard enough, but waking up on a Monday will be even harder. However, there are a couple of little tricks that can make the waking up more bearable and even improve your day. Before you go to sleep on Monday, remember one thing. Get your laptop, iPad, smartphone or tablet next to your bed, like you probably do anyway. However, instead of waking up in the morning and getting on social media, just play your favorite tune. The first thing you need to do when you wake up is to play your favorite song and just listen to it. Don't worry about falling back asleep, because the song will make your brain active and you will feel the urge to get out of bed and dance. This little ritual only takes five minutes, depending on how long your favorite song is. But these five minutes you could have spent snoozing or on Facebook, will assure the beginning of a great day and a great week.

Foods to be eaten:

There are no limitations on what you can eat. The idea is not to exaggerate with one food group. Mix everything up and put together delicious and balanced dishes. If you want to keep an eye on your weight too, this day shouldn't sum up more than 1200 calories. For today, the ingredients you must use in your diet are milk, grains, fruits, chicken meat and green leafy vegetables. You

will be able to prepare these ingredients in any way you want and even use ingredients of the other food groups, but the main ones must be the ones featured in this paragraph. Also, as much as possible, try to use fresh and organic aliments. The taste won't be so much different, but there won't be any side effects to your organism caused by processing.

Breakfast

The breakfast of day one is simple and straight forward. You need a bowl of milk, a cereal box and a spoon.. When it comes to milk, you must make a couple of choices. First of all, avoid cow milk. Instead, use goat or sheep milk. If you don't have access to it due to the fact its price is not fit for your budget, you can use skimmed or soy milk. The goat and sheep milk will contain all the calcium, magnesium, potassium and B-12. Even if is not as healthy and efficient, soy and skim milk can also provide you these substances if you choose enriched products. Some brands are artificially adding vitamins and nutrients in their dairy products.

When it comes to the cereals, you can use any of the whole grain breakfast cereals found in the local supermarket. If you want a little energy boost in the morning, use cereals with dry fruits, or you can get a fresh banana and slice it into the cereal bowl. Never use extra sugar in your cereals and always opt for ones not glazed with sugar already.

Morning snack

The morning snacks are fruits, but fruits that are simple and easy to digest. Remember that your breakfast was a big bowl of milk and cereals, so you don't want anything with a fermentation risk. Apples, plums or watermelon are out of the question. However you can go for bananas, pears, strawberries and any kind of berries. More than that, you can eat any kind of dried fruits you can put your hands to. But don't exaggerate on the dry fruits. These are great sources of sugar and a high level of sugar in your blood early in the morning means an ugly crash in the afternoon. You want something to give you enough energy till lunch.

Lunch

Your lunch today must include bird meat and green leafy vegetables. You can include every other ingredient in today's lunch, as long as it's not from the same food group as the meat and the vegetables. You can eat legumes, fruits, dairy products and everything else, but with moderation. The best fruit for the today's lunch is the pineapple and there are many ways of

including it in the main chicken or turkey meat dish. As a side dish for the meat, you can cook spinach with milk, or even put together a salad based on green leafy veggies, radish and beans.

Dish ideas: Turkey meat in lettuce wraps.

Lunch snack

If you are still at work after lunch, you won't have so many options for a snack. One of the best choices that will both help your Tinnitus and get you ready for a calm and productive afternoon is the carrot. Neglected sometimes, carrots can be perfect snacks. Even if they are not as delicious as apples or grapes, they contain high amounts of beta-carotene, a compound not only helpful for the eyesight but for all senses, because it improves the receptive nerves in your body.

Besides carrots, you can also try prepared hummus, apples, bananas and kiwi. If you have a blender, you can enjoy your snack even more. A mix of carrots and apples plus a couple of pieces of bananas and kiwi are perfect for a quick and delicious juice.

Dinner

The dinner of the first day must be cheap and easy to cook. You can use any leftovers of meat from the other days and your imagination. Cook the meat leftovers however you want to just reheat them. It doesn't matter what meat you have, as long as it's lean meat. Besides that, you can also put together a two part side dish, a combination of the spinach left since lunch and half cup of brown rice freshly cooked with little bits of carrot in it.

Besides, you can also toss a salad and use some salad dressing on it. Cesar salad dressing or milk cream are perfect fits, but you must use the low fat versions of them. 20-30 grams of goat cheese can also be added in this salad, as well as half an onion or a little bit of garlic.

Water

You will need to start increasing your intake of water starting from today. If you are the kind of person that neglects drinking water, you can easily fix the problem. All you need is a simple schedule app that can notify you every couple of hours. Whenever the alarm of your phone goes off, take a tall glass of water and drink it. It such as simple thing and it will only take 10 minutes of your day. These 10 minutes will be everything for your diet. A well-hydrated body has the capacity of performing everything you put your mind to, both mentally and physically. By

increasing the water intake you will become more active, you won't feel the need of coffee and your skin will start to look better.

Tea

There are plenty of teas that can be used for Tinnitus and today you can start with the most popular one: the Fenugreek tea. It's made out of the Fenugreek seeds and you will need time to prepare it. It's best to be consumed in the evening, because it has a calming effect that will improve the quality of your sleep. To prepare it, you will need a big spoon of Fenugreek seeds and a cup of water. This is not the same as a boiled water infusion. You will begin by placing the seeds in the cup of water and wait three to four hours until all the beneficial substances of the seeds are transferred into the water. After 3-4 hours, just filter the tea to remove the seeds and drink it. It can be served cold or hot. If you plan of drinking it right before sleep, it's best to drink it hot. That's because hot beverages are going to help you fall asleep faster and more relaxed.

Workout

Today's workout is the simplest forms of physical effort you can imagine, because for the first day of your Tinnitus diet, you will go jogging. You have two choices here. Either you go jogging in the morning or in the evening. For the morning, you can go jogging right after breakfast, but in the evening, you should go before dinner. It's not a good idea to run on a full belly and the physical exercise before bed will keep you awake. You don't have to run a marathon, but try, as much as possible, to run at least one mile. You can lower the speed and even walk for some portions of your track, but never fully stop. If you never jogged before, you must pay attention to the following tips and tricks that will make the experience more pleasant:

- Wear sneakers with thick soles. That's because a thick sole will absorb the impact, which otherwise would be absorbed by your knees. On top of that, you will also have a better grip and the chances of falling and hurting yourself will be decreased.
- Don't play music! I know music could make the effort more bearable, but in your case of Tinnitus, headphones are not recommended. To make the time go by faster and ease your effort, concentrate on your breath or count the seconds you ran.
- Go jogging with a friend! Having a friend with you will be benefic for your performance. When you are alone, especially for the first jogging sessions, you will tend to cheat on your workout. A friend will motivate you not to stop and maintain a high speed, even if you feel like giving up. In the same time, you will motivate him or her to do the same thing.

Yoga

During this seven day diet, you will have to find reserve 5 minutes of your day for a yoga pose. It's better to do this before lunch, because it will give you the power and energy needed to carry on with your day. If your work or schedule won't allow it, do it as soon as you get home, before you start anything else (cooking, cleaning, and working out). You will start with a simple standing pose for the first day.

The first yoga pose of our diet will facilitate the blood circulation at ear level by improving the flexibility of the blood vessels and ligaments in your neck. We will start with a standing pose known as the Tadasana.

This pose is ideal for Mondays, because it will help you find the motivation you need, through an improvement in your berating, circulation and oxygen intake. Start by putting your feet one next to another, knees aligned, spine straight and hands leaning along your body. Take a deep breath and while you do it, raise your hands without bending your elbows. Once your hands are above your body, lean your head back and look at your fingers. Maintain this position until you feel the need to breathe out. Slowly, exhale and let your hands slowly get back into the initial position.

Day 2

Intro

The day two of the seven day diet plan for Tinnitus is here. Maybe you feel a little tired from yesterday, but you are one step closer to improving your hearing and your life. The hardest thing you had to do for this diet has passed. Most of the people are starting a diet and give up half way through the first day. But not you! You managed to get over the first day and now you start the second. Keep this thought in mind for tomorrow morning, for the day after tomorrow and

for every other morning of your new, balanced and healthy lifestyle. From now on, your life has changed, you are a changed person. You became active and you start paying attention to what you put in your body. More than that, from now on, the buzzing in your ear will start to fade away. Day after day you will notice an improvement in your Tinnitus treatment. You will still have occasional episodes of intense buzzing for a while, but they will be shorter, less often and more bearable.

Tip of the day:

The tip of the day for the second day of your new diet plan against Tinnitus has to do with your morning ritual. You see, when you sleep, your body functions are shut down to save energy. Each of your organs will function at less than half capacity. There is a period of 30 minutes to an hour when your organs are turning back on at full capacity. You can help and boost this process simpler than you would think. All you have to do is to drink a fresh glass of water before anything else. This glass of water will help you more than a cup of coffee would. It hydrates everything, including the tissue of the brain, turning it on at full capacity in less than half hour after you woke up. This glass of water will also help you in properly digesting your breakfast. So, before you go to sleep, put drinking this glass of water at the top of your to-do list for the next day.

Foods to be eaten:

This day is all about fruits and legumes, but you can also add a little chicken in dinner. Start your day early and get energy from smoothies, replace all snacks with fruits and include salads to your meals. Since this day is fruit day, you should stay away from any other form of sweets. The fruits, beans and peas of today's food plan is rich in starch, fructose and other glucoses. They will give you a lot of energy for your day, but too much blood sugar and you will crash before 4 PM. The foods for this day were specially chosen to be easily cooked. Tuesday is the busiest day of the week, and every minute you save cooking, cleaning or with any other housekeeping activity will help you focus more on your health and on your professional life.

Breakfast

Your breakfast for today is a raw one. You won't use any milk or other cooked foods. There are two options on a Tuesday. You either go for a salad or for a smoothie. The breakfast can contain everything you want, from berries to watermelon and pumpkin.

Most people are adding sugar or sweeteners like whipped cream, chocolate topping or corn syrup to their salads and smoothies. You should not do that. The reason being that you will start your day with too much sugar. It's true, you will get a sugar rush for the first couple of hours. But, after that, everything will start to go down. Plus, an elevated level of sugar in the blood and glucose in the brain will solicit your nervous system and cerebral connections. This will worsen your Tinnitus and make the buzzing even more disturbing. The one sweetener you can add is honey. But be careful not to use more than two or three table spoons, depending on the serving size and your appetite.

Morning snack

Since the second day of the week and in the same time of your diet, is a busy day, the lunch should be easily packable and healthy. There is nothing easier than throwing a couple of bananas or apples in a paper bag. That's all you need to prepare for your lunch before you leave for work.

Besides apples and bananas, you can also pack pears, grapes or critics. In case you had the salad in the morning, you can opt for a small smoothie as a snack. However, unless you're working in modern office building or from home, you won't be able to prepare a fresh smoothie in a short break. Blending it from home is not a good idea. That's because you are supposed to use fresh and organic fruits for your Tinnitus diet smoothie and they have a quick oxidation process, which destroys most of the nutrients you need.

Serving your snack will also be quick, which will leave you more time to handle your busy schedule.

Lunch

Lunch time of the second day on a diet came and it's the day you focus on legumes. Peas, lentils, beans and peanuts should be all you need. A less used dish and one of the best for your health

are the soups. It's true that during the one hour lunch period at work, having a fresh and hot soup can be impossible. But if you have the chance to step into a restaurant and serve the soup of the house, just do it. Restaurants aren't usually the place where you can go and eat healthy dishes. However, legumes and veggies soups are surprisingly good and healthy in a place like this. That's because the legumes won't spoil that easy and in a place where these ingredients are used on a daily, the beans, peas and peanuts will be fresh. Probably fresher than the ones you have at home.

Besides soup, you can also have salad, but it should contain fish or chicken. Add some croutons in the salad for a little carbs boost and enjoy a fresh, healthy and nourishing lunch that can be eaten anywhere you are.

Afternoon snack

The afternoon of the second day in our diet offers you a larger variation of foods that can be served as snacks. First of all, you can remember the times you were a little kid and enjoy one or two PB&J sandwiches. Even if most of the people would consider this snack a desert, it fits perfect for the theme of the second day. The bread, especially is it's made from whole grains, will offer you the carbs intake needed for the day. In the same time, the peanut butter is a healthy monosaturated fat, useful for the fight against Tinnitus, while the jelly, if homemade or organic, is made from fruits and berries.

Besides PB&J sandwich, you can also have fruits as afternoon snacks. Oranges and apples are perfect for this part of the day. Another great choice for this part of the day, are the corn thins topped with cottage cheese (preferably goat or sheep), eaten with avocado slices. If your day is not yet over and you need a little brain boost, you can and should have a cup of cappuccino, but with skim milk.

Dinner

The diner you serve on the second day of your diet must be one that can help you relax. All day, you ate fruits, veggies and legumes, great sources of glucose. But you ate it in a way that helped you keep an alert attitude, without feeling the withdrawal of a sugar rush. If you follow the diet all day, you should still have plenty of energy when you get home. That's why your dinner should contain ingredients that can help you relax, calm down and fall asleep easily, for a good night of calm help. The secret in this kinds of dinner is not only the nutrients and active ingredients found in the food you cook. It's also the aromas and scents surrounding the kitchen

and dining table. Also, while you prepare the dinner, you can sip out of a cup of oolong or green tea. Even if they contain caffeine, these plants also have calming effects on your organism. You will read more about these teas and how they will come in use in the following paragraphs.

For soothing and calming effects, your dinner this should contain at least two of the ingredients found in the “Sleep Indulging Ingredients” of the following table and none of the ingredients in the “Ingredients to Avoid” column

Sleep Indulging Ingredients	
Fish	Aged Cheese
Seafood	Spicy Foods and Spices
Jasmine rice	Smoked or Processed Meats
Chickpeas	Wine
Whole-Grain Bread	Milk Chocolate
Cherries	Tomatoes or Ketchup
Turkey	Soy
Humus	Soft Drinks (Coke)
Oatmeal	Eggs

Tea

As I mentioned earlier, today is the day you drink your tea to help you go to sleep. It’s a little odd that you can drink teas containing caffeine, so that you can go to sleep, but the circumstances are giving you this chance. In any other day, the green or the oolong tea wouldn’t be recommended at the end of the day. You will need to drink these teas one or two hours before dinner. A cup of green or oolong tea will help you stay focused and relaxed until you go to bed. These two Chinese teas have many ingredients that can be useful for your organism. What’s essential for our diet against Tinnitus are the antioxidants found in these plants. They will help the tissue of the inner ear to regenerate and will prevent further deterioration. At this point, when it comes to Tinnitus and teas, we can address a big “Thank you!” to the eastern medicine, because all teas used for Tinnitus treatment are originating from Ancient China.

Yoga

The Yoga pose of the day is a revolved triangle one, known in the Yoga community as Parivritta Trikonasana. It's an easy pose that can be done without the help of an instructor and in the comfort of your house. You can do it whenever you can afford a quiet break of 10 minutes. This pose will stretch your hamstrings, arms and spine, but it will also improve the blood flow from the heart to the brain, ears and eyes.

The initial position is with your legs spread at three elbows width, with the soles flat on the ground and your arms raised at a 90 degree angle from your body, forming a parallel to the floor. Take a deep breath and spin your body to the left, without bending your knees, while leaning towards the sole of your left foot, until your tight fingers are touching the toes of your left foot. At this moment your gaze should be focused on the fingers of your left hand. Maintain this position for 10 to 15 seconds then come back in the initial position and repeat in the opposite direction. For the first times doing this exercise, ten reps of the exercise are enough.

Mental

The second day of your new diet should end with a mental exercise. What's recommended after an active day is a meditation session. All you need to do is to find a comfortable place to sit in your house, but never at your work desk, and close your eyes. With your palms on your knees and back and back straight you will need to breathe deeply and slowly. All you need to think about is your breath. If you hear that buzzing sound of the Tinnitus, just ignore it. It will be hard, but this is the main purpose of the exercise. It's a way of learning how to live with this affection and keep it from affecting your life too much. Concentrate on your breath until the buzzing is not annoying anymore. In seven to ten minutes, you will start noticing it blending in with the static noises. That's because your brain will start to ignore it, just as it ignores the static noise.

Day 3

Intro

The third day of your new diet plan for Tinnitus is reserved for cardio and meals designed to enhance the effects of these kinds of exercises. The Tinnitus is an affection that can be linked to the heart. The ringing and buzzing you keep hearing might be a side effect of a cardiovascular affection. Even if in your case it isn't, you still benefit from the diet and exercises specific to the cardio diet. However, not all the cardio workout elements are beneficial for the Tinnitus sufferer. But the ones that are should definitely be included in your weekly exercise program.

Later in this chapter we will talk about the exercises and activities you should perform, and also about the ones you should avoid. Even if the cardio exercises should be performed outside, there are some routines you can carry on in the comfort of your home. Now let's dive in and detail every aspect of the day of your diet dedicated to the heart and blood.

Tip of the day

The tip of today is about friendship. You have to find a person you like who has the same goals as you. It doesn't need to be a Tinnitus sufferer in order to build a healthy friendship from which the both of you will benefit. In the same time, without being rude to others, try keeping your fitness group limited to two, maximum three people. The idea of a fitness friendship is to have two people motivate each other.

Whenever you feel like not going the extra mile or not even getting out of the house, there will be someone who is motivated enough to convince you to work out. But even if you have a friend with you during jogging, hiking or biking, try not to talk during the workout. Speaking will offset your breath rhythm, making both of you run out of breath and stop and never reach your potential. Talk during breaks, share workout tips and support each other, not only in the workout goals, but in everyday life as well. These are perfect occasions to bond with someone and start new and long lasting friendships.

Foods to eat

The foods you need on a diet workout day must be rich in proteins and a little over your regular caloric intake. For the third day of this diet, you will need to adapt to a more diverse and rich diet, but without shocking your organism with drastic changes. From breakfast to dinner, all your meals must be nourishing. Your third day menu must include eggs, whole grains, dairy products, lean meat, fish and fruits. Besides consistent meals, the cardio day must also include more often snacks. You can reduce the serving size of the snack if you want, but if the workout routine is respected, you won't put a single pound on your body. This is also the day you will be introduced to the workout shake. The right shake for the cardio day contains protein powder, but we will discuss it in detail in one of the following paragraphs.

Breakfast

The breakfast of a cardio day must be rich in proteins. This is also called the breakfast of a productive man, because it gives you the energy to carry out any task coming your way. It's

crucial to eat breakfast in the first half hour after you wake up. You will need to be energy from the moment the functions and organs of your body are fully awake.

For a healthy and useful breakfast on this day, you will need:

- Three eggs
- Two cups of your favorite fruits
- A cup of Greek Yogurt
- Whole-grain bread

Start by separating the white from two of the eggs and scramble them with the third one. The scrambled eggs must be eaten with two or three slices of French toast made from whole-grain bread. The second dish of your cardio breakfast must be a smoothie. Blend the fruits with the Greek yogurt and serve it fresh. If you prefer sweet smoothies, use honey to sweeten it up, not sugar, corn syrup or other sweeteners.

Morning snack

The snacks of this day are not as delicious or diversified as the ones we talked about, so far. You will need to consume healthy and natural aliments with huge nutritional value.

For the morning snack, you can go for half a cup of mixed nuts. In the following table you will find a list of healthy nuts and their effects that will help you fight your Tinnitus.

Nuts	Health Benefits
Walnuts	Anti-inflammatory effects

Almonds	Rich source of Vitamin E
Cashews	Rich in Iron and Magnesium
Pecans	Good for cholesterol regulation
Brazil Nuts	Tissue regenerator
Macadamia Nuts	Good for Triglyceride regulation
Pistachios	Rich in Gamma-tocophero and Vitamin E

Any combination of these nuts or even a mix of all of them, will do wonders for your Tinnitus. Besides nuts, for the morning snack you can also have string cheese. There are many variations of string cheese. Choose one made from aged goat or sheep milk, as it offers more nutrients and minerals.

Lunch

Your lunch doesn't need to be cooked in any special way, but it has to contain carbs, lean meats, fruits and vegetables. These four food groups are essential for your body, as you need more energy to go on with your active day. As a lean food, you can use chicken breast or turkey meat. Beef is also a good choice for the cardio day of your diet, but only once a month. As side dish you can either go for brown rice or for spinach. Another option is to have half serving of both of them, since the brown rice is a great source of carbs and the spinach is rich in iron and magnesium. As desert for your cardio lunch and also instead of coffee or soft drinks, you should have big red and ripped apple. Before this kind of lunch, a glass of water is recommended. The water will help with your digestion and you will be able to feel able of working out, sooner than regular.

Afternoon snack

The afternoon snack on a cardio diet day can be the same as the one you had in the morning. In the case you feel somehow tired, you can try other snacks, with a higher boosting potential. One of the best way of quickly elevating the level of sugar in your blood is by eating two tablespoons of raw and organic honey. An alternative to honey is the Greek yogurt, but a low-fat one. Bananas, strawberries and avocados can also be great snacks on a day like this. If case you

haven't work out so far in the day, you can opt for a second afternoon snack. Try having this snack an hour before your workout.

Dinner

When the dinner time came, you have two choices. Either you go for a dinner that has fish meat as its centerpiece, or you go for one that has soup as its main dish. It's good to alternate these options. First, because one offers you what the other can't. And second, because the diversity in your menu will make you feel better. Your brain will release dopamine whenever you make major changes in your menu. But, these changes can't be made too often, because you will become immune to these changes.

For the fish dinner, the best option is the salmon file. About 10 oz of salmon meat should be enough for the end of an active day. Couscous is the best side dish for salmon, as long as you mix it with baby carrots, cauliflower or broccoli. In the same time, the cardio dinner can also come with an easy salad.

The second option for the cardio dinner for Tinnitus sufferers should be built around Miso soup. This traditional Japanese soup contains both fish (sardines) and carbs from the Miso paste. Sweet potatoes, steamed asparagus, mushrooms and onions are just few of the aliments that can go well with this diner.

Cardio workout

The cardio workout can be done indoors, but it's better if you perform it outdoors. If you think you can handle two days of jogging in a week, with only a day of break, you can choose this activity for your workout. Besides jogging, you can also go biking or cross-country skiing, swimming or throw some kicks and some punches in a boxing bag.

There are indoor and gym alternatives for all these exercises. The cross-country skiing can be simulated on an elliptical machine and the biking on a gym bike. You can run on a treadmill and there are countless workout routines you can perform with a stepper. Also, 10 to 15 minutes on a rowing machine will do wonders both for your legs and for your upper body. All workout routines of the cardio day are meant to improve the functions of your heart and your circulation. Some cardio activities are not recommended for the Tinnitus sufferers. Everything that involves contact, jumping or weight lifting should be avoided for the moment.

If your physical or health condition are stopping you from performing any of these exercises, take time and have a one hour walk. The best long walks for the cardio diet should happen in the morning, when the breeze is still blowing.

Post workout shake

The post workout shake is one of the things that will help your body recover after effort. It's not enough to rest and sleep in order to be fresh for the next day. You will need substances and nutrients to help your muscles recover after effort and disperse the lactic acid. If you worked hard, you can go wild with the post workout shakes, because you deserve it. You can use any mix of fruits, nuts, chocolate, veggies and legumes you want, as long as you're sure it will be tasty enough to be bearable. The key ingredient of these shakes is the protein powder. You can use any brand of protein powder you want in these shakes. A post workout shake should contain one tablespoon of protein powder and not a gram more.

Tea

The cardio-vascular diseases were kept under control with tea in the past. Since it worked then, it's surely going to work now, and that's why we added it in the cardio day of your seven days diet plan for Tinnitus. The best choice for this day is the black tea. The camellia tea plant is the main ingredient in any black tea on the market. This plant is low in sodium, calories and fats and it has beneficial effects on your veins, arteries and health. It has the power of cleaning the impurities deposited on the side of your arteries and it will help your lungs oxygenate your blood. Since it has an elevated concentration of caffeine, you shouldn't drink more than one cup per day, and this should happen in the first half of the day.

Yoga

The yoga exercise we propose for the third day of your diet is Parvatasana. This is a seated mountain pose, because everything is performed as you sit on your yoga mat in the Sukhasana pose (the lotus or legs crossed position), with your spine straight and your palms on your knees. While inhaling deep, you must lift your arms above your head, in the Namaskar mudra pose. As your palms touch, your head should be leaned back and your gaze should be fixed on the tip of your fingers. Maintain that position and calmly breathe until you start feeling tension in your arms. You should perform this exercise for 5 to 10 minutes, so whenever you feel tension in your arms, bring them back in the initial position for 15 seconds.

Day 4

Intro

If you managed to stay focused on your goals, you reached the half way mark in your seven day diet plan for Tinnitus. Because the third day includes a more intense physical activity, the fourth day is dedicated to yoga. Everything you will eat today will be helpful for your Tinnitus, but also for preparing your body for yoga exercises. Today you will also perform more than one exercise. It's the day you will experience your first yoga routine. If you enjoy this day, you should consider joining a yoga class. It's way better if you practice with a qualified instructor, than from what you find in books like this. The reason is not the illegitimacy of the book, but the small mistakes you will make. Since you are a beginner, you will have incorrect poses and understand exercises in the wrong way. An instructor will spot all these little details and he will be able to correct them. But yoga at home has its advantages too. You are more relaxed in the comfort of your house and a good mind set is the key of any efficient yoga routine.

Tip of the day

Since today is the yoga day, we will tell you everything you need to know about the yoga equipment. First of all, choose the right equipment. As you probably know, yoga is all about twisting your body and putting yourself in poses and positions which are unusual for the everyday life. Because of that, you can't wear loose clothes. The correct equipment for yoga must be tight enough to stick to the body when you do reverse poses. In the same time, it must be elastic and fitted. If you don't have yoga pants and tops, you can go for a sports tank top with a pair of resistant and thick spandex.

Even if there are many companies selling yoga shoes, you should forget about them. There are no shoes in yoga and those models on the market are just an attempt to take your money. Yoga shoes are not going to help you at all. The last thing you need for a great yoga routine is a yoga mat. Usually made from neoprene, this mat is meant to protect your skin, muscles and bones from the friction with the hardness of the floor or ground on which you carry on your practice.

Foods to be eaten

There are many foods whose ingredients that should be included in the yoga dietary plan. The yoga practices are usually vegetarians. In case you will be looking to broaden your culinary knowledge with recipes from the yoga cuisine, prepare for a meal without food. Of course, there are a few recipes which include lean meat, fish or seafood, but mostly, the yoga diet is based in vegetables. The yoga cuisine even has a group of foods for cleansing and health purposes alone. This food group includes what is known as the Trinity Roots. These roots are:

- Garlic
- Onion
- Ginger

The garlic is known for its powerful antibiotic effects, and even if it's hard to believe, because of its smell, it's also known as an aphrodisiac. The onion is used as an antioxidant, purifying and healing the body, helping it make new blood and replace the old one. It's also known as a brain booster, increasing the focus and clarity of your mind. The ginger root is used as a soothing agent for the spine and nerves. It was one of the most used plants in ancient India, for treating hearing problems, including Tinnitus.

In the same time, a series of foods and ingredients must be avoided when you are following a yoga diet plan. You can find out which of the foods are not recommended for the new yoga adepts in the table below.

Foods To Avoid On The Yoga Day Diet
Fried foods
Microwaved foods
Junk food
White flower
White sugar
Soft drinks and energizers
Fats and margarines
Canned fruits

Breakfast

A yogi has to start his day with energy and positivity. That's why the first thing he does in the morning is not the bathroom ritual or the Facebook check-up. The yogi opens the blinders of his room, has a look up at the sky and gets in the kitchen for breakfast. The common belief between yogis is that when you start the day with a healthy breakfast, you will attract positive energy and set for a healthy day. Before any actual food, a warm or room temperature glass of water with half of a freshly squeezed lemon, it's essential. It will help you cleanse your body from the toxins accumulated during the night, kick start all your bodily functions and facilitate the digestion.

Three dishes of the yoga diet for the breakfast are also beneficial for the Tinnitus sufferer. Two of them are vegetarian dishes and one contains eggs. The first one is a mix of Muesli cereals with milk and bananas. You can use soy, skim or regular milk, based on your preferences. The second vegetarian dish is a smoothie made from fresh or frozen berries and yogurt.

If you want to add some raw proteins in your yoga breakfast, you can try the omnivore dish. It involves eggs and you can serve them however you want, either boiled, fried or scrambled. Besides the eggs, a baby spinach mixed with tomatoes and mushrooms.

Morning snack

One of the most preferred snacks by the yogi community and in the same time, a great aliment for your fight against Tinnitus, is a cup of Chickpeas. You can serve it as a snack during the early hours of your day and it can be flavored with salt or vinegar. However, you should go for the vinegar flavored ones, since the sodium intake of your organism should be kept to a minimum because of the Tinnitus.

Another great way of getting a fuel boost in the morning is munching on an oat bar. Strawberries and yogurt are flavors that will go excellent with this healthy snack. The oat bar can be easily replaced with rice or wheat ones, but in many people's opinion, oat is the tastiest of them all.

Lunch

For lunch, you will be able to choose mix lots of veggies on your plate, but the options for meat are extremely reduced. A couple of lean meats (chicken and turkey) and fish meat are your only omnivore options. But if you really want to have a taste of the original western yogi cuisine, you must try the coconut ginger curry, with a side of mushrooms, green beans and broccoli sprouts.

One of the few dishes with red meat that can be adapted to a yoga diet against Tinnitus is the sausage soup. The sausage can contain pork, wild boar or any other red meat that can be injected in a sausage. In this soup you can also add shredded cheese. The lunch is a very important meal in the diet of a yoga practice, so don't skip it under any circumstances.

Afternoon snack

In the case you are not familiar with the vegetarian influenced diet, the meals of the fourth day alone won't offer you the fuel you need throughout the day- especially if you work in a domain that tires your body. You don't have to take supplements or other forms of boosters. For more energy during this day, you can abuse the snacks a little. During the second part of your day you can have two or even three snacks. One of the most delicious snacks specific for a yoga diet is the oat cake with chocolate chips and bananas. Another delicious snack that can give you a lot of energy is the cheesy hummus or the guacamole salad. Other quick fixes are the nuts, the berry puddings and the smoothies.

Dinner

For dinner you can have a dish based on rice. You will be surprised when you will find out how many rice recipes are included in the standard yoga diet. That's because the yoga dietary plans are inspired by the Asian cuisine and we all know how appreciated the rice is there. One of the easiest rice dishes to fix after you get home in the evening is the Pilau rice. All you need to do is put the rice in a bowl of water then boil it on a low fire until the water almost evaporates. After the water turned into a kind of cream, it's time to add some of all of the following ingredients:

- Raisins
- Cashews
- Green peas
- Almonds
- Pistachios

Let everything cool down for 20 minutes, add your favorite condiments and serve it warm. Even if this is a perfect dish for spicy condiments, don't overuse them, as spicy food is not good for your hearing affection

Tea

The yoga community has made a passion for tea, inherited from the civilization that gave us this way of life. A yogi can recommend you a plant for any affection. For Tinnitus or other sensory and nervous affections, the most recommended teas are the black tea and the rooibos tea. We talked about the black tea in a previous article, so we won't start over again. But let's have a look at the rooibos tea.

The rooibos is a brush plant in the legumes family, original from South Africa, but found now in any organic store and tea shop of the world. The tea made from this plant has soothing effects over the nervous system, releasing the tension and increasing the resistance of the receptors. The active ingredients in the rooibos plant are the flavonoids. This group of antioxidants are perfect for the tissue protection of the inner ear.

Yoga therapy for Tinnitus

Yoga can be considered in the same time a sport and a way of meditation. But in reality, yoga is more of a lifestyle, than an afternoon activity. Most of the people who joined a yoga class are not guiding their whole life based on the principles of this ancient art, especially when it comes to exercise and diet.

Until now, we recommended you a yoga exercise every day. That's because it will help you relax and put your blood into motion. But in the same time, it serves as a great post workout exercise that will facilitate the recovery of the muscles and ligaments. However, on this day, you should try a full yoga routine. The best way to initiate yourself in the ancient form of cardio and stretching workout is to join a yoga class. Even if we feature exercises in this book and even if the internet is filled with yoga instructors who are offering online classes through vlogs or DVDs. However, no online trainer will be able to replace the instructor you will meet when signing up for a yoga class at the local gym. That's because the instructor is there and he can see the little mistakes and flaws of your poses.

A yoga class won't cost you a fortune, but you will gain many benefits, besides the health ones. A yoga class is usually frequent by nice and friendly people. It's the perfect place to socialize in other environment than work or clubs. In case you want to take the advice of the following chapter and get a fitness buddy, this is the place where you have to start your search.

Depending on the instructor's training and fame, and also based on the privileges you'll get as a member of the gym where you sign up for this class, the price of a yoga course per month can start at \$5- and go all the way up to \$400.

Day 5

Intro

The fifth day of your diet should fall on a Friday and it should be the day you pay a visit to your old friend: the gym. Regardless of your body shape or weight, you need to hit the gym at least two hours every week. There are many workout routines and other activities you can do at the gym that will help you fight the Tinnitus. We will discuss about your gym activities later in the subchapter of the fifth day in your Tinnitus diet. If you reached so far and you followed the instructions of each day in the seven days plan, you should feel better about your new lifestyle. The tiredness and lack of will power should start fading away. These are normal things for a person who changes the lifestyle overnight. Everything will be completely different when you start with day one next week, but you still have to power through the weekend with your new healthy schedule.

Tip of the day

If you never step foot in a gym, you have to know two basic things about this kind of physical activity. It seems easy at first: you just get in your car, drive to the gym, work out and hit the showers, then come back home. However, the gym workout is more than that and the effectiveness of a gym workout is determined by each one of its details. There are two things to do before starting a workout routine at the gym. First, you will have to warm up. In the case of the Tinnitus sufferer, the warm up is much more important than usual. Besides the fact that it will keep your muscle away from damages, it will also elevate your heart rate and blood pressure steadily. A quick shift between normal and elevated blood pressure will trigger that annoying buzzing of the Tinnitus, which will ruin your day at the gym. Besides warm-up, you will also have to plan your work-out routine ahead. Design your attack plan at home and only use the machines and equipment for your preset goals.

Foods to be eaten

The fifth day of the Tinnitus diet plan is going to make you happy. You will be able to eat from every food group, as long as you keep your meals balanced and healthy. Because is one of the days which will imply physical effort, you will need a full tank. That's why your morning should start with a delicious and consistent breakfast. Even if you won't work out until lunch, you will still be able to add foods of every group you want on your plate for lunch. This day also includes deserts, delicious snacks and, if you are able and of legal age, even a glass of red and healthy wine at the end of the day. But, remember that this freedom in choosing what you eat comes with great responsibility. You are only allowed to do so, because you will hit the gym. Without working out, this is just another day of reckless eating.

Breakfast

As I said, the breakfast is really important on the gym day. What you eat after getting out of bed will influence the rest of your day. So make sure to eat something consistent and with high nutritional value. There are many breakfast ideas for gym-goers on the internet and all of them are good. However, remember that you're doing this in order to ameliorate your Tinnitus. Smoked and processed meat should be out of the question for you and so it's the fried bacon. The basic and simplest breakfast idea for the morning of a gym-day is the classic eggs and toast combination. Cooked beans, cheese and toasts made from whole-grain bread are also great sources of energy for the beginning of the fifth day in your Tinnitus diet. I think you figured out so far, but in case you haven't, remember this: coffee doesn't count as breakfast. And neither does any snack you munch, on your way to work. Breakfast only counts when it's the first thing

you do in the morning, when you serve it sitting at your table and when you pay attention to your plate.

Morning Snack

If you want to build body mass, lose weight or just stay in shape, the gym day shouldn't resume only to those hours you spend surrounded by gym equipment. All day must be designed to facilitate the muscle management process of the body. Even your snacks should contain nutrients and minerals that have the potential of helping you work out more efficiently. If you want a delicious and helpful snack between your breakfast and lunch, you should think about shakes. More exactly, the fruit shakes. You will be able to mix anything you want in these shakes, as long as the ingredients are befitted for a diet and won't affect your hearing condition.

Oat or rice bars are also a great source of fuel for a gym day. They can be coated with anything you prefer, from chocolate to yogurt and strawberries. A more efficient alternative, but one recommended for the most active of us, are the protein bars. These bars can be bought from any gym and they cost between \$0.25 and \$1 for a piece. Limit yourself from munching on these bars anytime you don't feel like packing a snack. For that, only think about eating them during the fifth day of your diet, when you're sure about hitting the gym in the afternoon.

Lunch

Some self-titled experts are supporting the myth that says you shouldn't eat 4 hours before going to the gym. That's true, in case you are planning to take part in the Mr. Olympia contest right after this workout and you need your body to show as much muscles as possible. However, if your goals are just a healthy lifestyle and a good looking body, while fighting with Tinnitus, you should definitely eat before your work-out. If you are a busy person, the lunch is one of the main source of fuel before your work out session at the gym. Your lunch should include elements from every food group, including healthy fats. You will have to choose between lean meats and fish, but the wisest idea is to choose the lean meat, as it's richer in proteins. As a side dish for these meals, rice or potatoes are the best choices. Drink water before and after this lunch. It will help your digestive system and you won't feel the need to have a sports drink during workout.

Afternoon Snack

The afternoon snack of this day coincides with the pre-workout snack and you can use the snacks used by body builders. Well, some of them are also supplementing their snacks with

protein powders and protein shakes. You can use a tablespoon of protein powder in a smoothie if you want to use it as a snack before you hit the gym. Bananas are just as efficient as an enriched smoothie, especially if you also have half a cup of resins, seeds or nuts with them. If fibers and constant energy is what you look for, you must try an oat based snack. The carbohydrates of the oat will be gradually absorbed by your organism, meaning that you will assure a source of energy for your body throughout the entire workout. Since the gym visit should happen before dinner and you will be extremely hungry until you get home and fix dinner, prepare a post-workout snack before gym. The best idea for post-workout snacks are:

- Peanut butter and oat bars
- Berries and yogurt
- Hummus and pita
- Tuna sandwich with whole-grains bread
- Turkey sandwich with cheese
- Apples and bananas

Dinner

The dinner is highly important after a hard workout. Its role is to assure the nutrients and energy needed by your body to recover your muscles and ligaments. Its perfect if you could have your dinner an hour after you finished your workout. But the shower takes time, you can get stuck in traffic and if you are also a sauna goer, you will reach home 3 hours after your work out and it will take another hour until you fix something up and actually enjoy your dinner. You have your post-workout snacks for that problem, so let's see what should be on the plate in the evening after a hard workout. First of all, no meal of the gym day shouldn't omit carbs regardless if you assimilate them from potatoes, pasta, bread or any other source. The chicken meat is one of the most preferred lean meats between gym enthusiasts. However, at this point of day, you can eat whatever kind of food you want.

Gym

The common belief is that a gym workout is too intense for a Tinnitus sufferer and the intensity of the Tinnitus will only get worse after a visit at the gym. The truth is completely different. It's true that there are some really hardcore workout modes that can affect your Tinnitus and make its effects unbearable. One of those workout styles is the cross-fit. If you are a Tinnitus sufferer, don't think about starting cross-fit. That's just exhaustion on a poor diet based on basic nutrients. It won't be helpful for your condition and neither for your lifestyle.

In order to keep your Tinnitus under control while at the gym, you will have to make sure that the exercises you perform are gradually increasing the workout intensity. We talked about warming up before workout, for the very same reason. And still, because you want to gradually intensify the effort of the workout, you won't start bench pressing after you finished your five minutes stretching. There aren't so many restrictions in terms of which of the exercises should be done. You just need to be careful with the machines that can hit or shock your head and avoid jumping or contact exercises.

Sauna

The sauna is not such a helpful way of treating Tinnitus, but it can calm it for the moment. After a workout, because of the increased blood pressure, you might start hearing a white noise or buzzing in your ears. Ten to twenty minutes of sauna will help you get rid of that annoying noise. This is a perfect way of assuring a lovely evening next to your family after a workout, instead of going back home, all tired and cranky because of your Tinnitus that started acting up again. The sauna is also a great way of detoxing. During a diet, getting rid of the toxins to make room for nurturing and healing nutrients is just as important as your dietary plan and exercises.

However, the sauna is not for anyone. If you are on some sort of medication, either for the Tinnitus or for the illness that causes your Tinnitus to act up, you might not be allowed to spend time in that kind of heat. Extreme heat and humidity can cause the medication to react differently. This will either make the drug be inefficient or it will have an unwanted side-effects.

Yoga

Even if it's late, you're tired and you had your dinner, you should go the extra mile and practice some yoga for about 10 minutes. You will need something extremely simple, just so that you can have a stretch out. This stretch out will help your muscles recover after the sustained effort from the gym. On the fifth day of your Tinnitus diet plan it's not necessarily to perform a Tinnitus exercise. You should take your favorite yoga pose and practice it for ten minutes. It should be enough to relax your muscles, calibrate your breathing rhythm and oxygenate your blood.

Even if high levels of oxygen in the blood are not recommended before sleep, this is one of the exceptions. Your muscles require oxygen to attenuate the impact and effects of the lactic acid. This is the last "effort" of your work week. After this, you will be able to get a good night of sleep till late in the morning next day. If you did everything as described in this diet plan so far, you deserve the rest. Good job!

Day 6

Intro

The weekend is here and you worked hard all week. But even if you had a busier schedule than usual, I bet you increased your productivity, your moods are better. More than that, I'm sure that the effects of Tinnitus are way bearable than they were last weekend, before you started this diet plan. Since its weekend and its Saturday, this day will be an active and fun one. One of the best ways of staying healthy and happy is to spend as much time as possible in the outdoors. That's why we will base the diet plan of today on hiking and other activities that will allow you to spend some time in nature.

Spending time outdoors has more than just the benefit of the physical activity. Being outdoors, especially on a sunny day, will help you process calcium and phosphorus. That happens because of the vitamin D, which is very instable and needs heat and light to do its job properly. Processing calcium correctly will help you ease the effects of Tinnitus fixing the problems with your inner ear.

Tip of the day

In the tip of the day section of our diet plan, we will discuss the rules of hiking. Even if it seems easy, people thinking about it as a leisure activity for the weekend, hiking should be taken very serious. The main reason for it is because it's dangerous. Rule number one of hiking is to never go on a mountain alone. Many things can go wrong and even if we all have cellphones today, you don't know when the signal or battery will let you down. Have at least

one friend with you or hike in a group. Besides safety and practicability, hiking in groups will strengthen the bonds between members. When you're hiking, the speed of the group should be equal with the speed of the slowest man or woman. A slow hiker who is struggling to keep up the speed with the group can end up hurting himself by stepping on the wrong rock or never paying attention to the trail.

Foods to be eaten

The menu for today is not that special and it doesn't have so many rules. We can't fix an exact number of calories or amount of foods to be eaten, because every single hike is different. There is a big difference even between two hikes on the same trail in two separate days. Everything depends on the length of the trail, how much of it is uphill hike, the angle of the uphill parts, gear weight, weather and so on. Because you will be spending most of the day outdoors, besides healthy, your menu also has to be practical. Also, you won't be able to eat voluminous snacks or meals, because hiking on a full stomach can cause cramps and discomfort. But in the same time, the food you eat today must give you the fuel and energy to power through your walk.

The food you will take on your trip must be dried and sealed or canned. It also has to be as easy to carry as possible, but to have a high nutritional value. Energy bars are a great idea on a hike, but not the energy drinks, because they will dehydrate you. If you want an amazing experience, you can even cook on a hike, but you will need a more detailed preparation and more gear.

Breakfast

The breakfast for today must start with a large smoothie. The rules for this smoothie are not so strict. Since it's the start of the day, you will be able to pick any kind of fruits you want. But the rest of the meals and snacks for today will depend on what you put in the blender now. If you start your days with a smoothie based on plums, watermelon, apples or even tomatoes, the milk and the dairy products shouldn't be on your menu at least until dinner time. You must be careful what you mix in your diet today, because having a bad case of stomach ache on a mountain will ruin all the fun. If you want something that will give you energy and allow you to eat everything you want for the rest of the day, you should try the next smoothie recipe:

- Two cups of berries
- One banana
- Strawberries

- Two teaspoon of fresh honey
- Skim or soy milk

Blend everything together and serve it fresh. It will help you gain more energy for the morning than two cups of Italian coffee. More than that, you will benefit from the antioxidants found in the berries and from the potassium of the banana, which will help you start your day in a good mood and get motivated to reach the end of the trail or the peak of the mountain.

Morning snack

Since most of your aliments will come packed and processed, you will need to supply the intake of vitamins and nutrients through your snacks. Nuts and seeds are amazing for the first part of the day, because they will increase your speed and motivation throughout the hike. Also, you will have something to do while you're hiking, something that will take your mind off of the effort you put in. If you don't want to munch on a bag of nuts and seeds, you can try having them as a bar. There is a wide variety of fig and nuts energy bars, made from natural ingredients. You can find them at the organic shop, in big food stores or online. These bars are cheap, healthy and they will hardly spoil. You can eat them in any other day of the week, as your morning snack.

Lunch

The lunch you'll have on the hike can be prepared home, but you can also make lunch on the trail. We will discuss both of the possibilities, so that you can pick the one suiting you best.

First of all, we have the no-cook meals, which are actually cooked, but just a little. For most of them, you will need to prepare the ingredients. Chopping, slicing, grate, boil and roast must be done in the prior evening or early morning of the hiking day. Usually, the no-cook meals are a mix between salads and side dishes, dehydrated and sealed in containers or bags. When lunch time comes, just take out your mix and proceed to eat it. The usual recipes for no-cook trail meals include legumes and vegetables, since meat and dairy products can easily spoil.

If you want the best mountain experience, you must try cooking on the trail. It's true that you will need more gear and more time, for making fire and set other things up, but the food will be delicious. Many retailers can offer you compact and light weighted outdoor cooking gear. You will still need to slice and portion everything from home, but this time is for a hot meal. The most common trail cooked foods are stews. In case you don't know how

to start a fire for cooking, you can use a portable stove. It works just like the stove in your kitchen, but it has a small gas canister and only one burner. You can cook any meal you want on a stove like this, but remember to stick to the ingredients that are helpful for your Tinnitus.

Afternoon snack

Depending on the length of the trail, the afternoon snack can be served at the end of the trail or while you're going back home. If you haven't reached the peak of the mountain or the end of your hiking trail by the time you feel the need of an afternoon snack, you might be a little behind schedule. One of the most popular afternoon snacks is the beef or turkey jerky. But since you are a Tinnitus sufferer, you will need to look for jerky that contains less salt than the usual kinds. An apple or a banana are also great idea for a snack in the afternoon. So are every nuts and seeds bar, which comes coated in honey or chocolate. If you like other fruits, such as peaches, strawberries or berries, but you can't take them on a trial because of their perishability, making fruit leather is one of the most practical ideas. There are dozens of recipes for fruits lather and all of them are just as delicious as the fruit they're made from.

Dinner

You should be home by dinner, so you will be able to eat in the comfort of your own house. After such a long day on the trail, you won't be in the mood of fixing a large and sophisticated dinner. But, it's important that you will eat something to help you recover for a sustained and day long effort. You can start by making yourself a relaxing tea from which to sip while you're cooking. Some of the best ingredients for a quick recovery after a hike are cereals, whole-grains, dairy products and beef. You can mix any legumes or veggies with these ingredients, as long as they are safe for your Tinnitus. Regardless of what your dinner will be, you need to remember this: the food is only meant to help you rest, it's won't replace the resting period. After dinner and your evening ritual, you must get at least 8 hours of sleep. That's exactly why we put the hiking day on a Saturday in our 7 day diet plan for Tinnitus. Since the next day is Sunday, you will be able to sleep in a little more. Sleep how much you want and wake up when you feel completely rested.

Mental exercises

Since you will be going on a trial, in the great outdoors, surrounded by nature, you should perform a little exercise. The mental exercise we're talking about is going to help you

concentrate during your Tinnitus crisis, when the buzzing seems to make you deaf. All you need to do is to find a place where you can sit in the woods and start listening to the nature. Concentrate on every sound you hear and try pointing their directions. If the sound sources are moving, follow their new location in your mind. Try paying attention to as many different sounds as possible. When you will hear the ringing of the Tinnitus during important moments of your day, paying attention to other people speaking won't be such a hard thing to do.

Gear

The gear you pack is another important aspect of your hiking. Before you leave home, make sure you will be able to carry your backpack. For a great hike, the weight of your backpack shouldn't exceed 10% of your body mass. Wear a pair of resistant and comfortable boots that fit you perfectly, dress layers and pack the rest of your gear in a quality backpack with resistant straps. If you will carry cooking gear or group supplies, divide them equally between the group's members.

Yoga

For today, we will discuss a yoga exercise that can be done on the mountain or while you are back home after your hike. Because you might want to do it in nature, we selected a standing pose, the Padangusthasana, which will improve the blood flow in your inner ears and brain. Assume a straight body position, with your feet close to each other, straight spine and arms relaxing along your body. From this position, lean forward, bending from the waist, without bending your knees. Try touching your toes with your knuckles and bend even further, until you feel pressure in your spine and knees. Maintain that position for ten seconds, come back in initial pose and repeat for about 10 minutes. This pose is ideal for releasing the pressure in your spine and knees, caused by the weight of the back pack and the hiking.

Day 7

Intro

Congratulation, this is the last day of your first week as a new person. You were active and ate healthy for six days. It might have been hard for you to change your lifestyle all of a sudden, but now you'll have a great achievement feeling at the end of this day. When you will go to sleep today, your only thought will be to wake up in the morning and start the diet plan all over again. Since this day should fall on a Sunday, you should relax a little more. That doesn't mean you won't need to exercise and keep an eye on what you eat. It means that everything will have a much slower pace than yesterday, for example. This is the lazy day of the diet plan for Tinnitus, so you will be able to recharge your batteries for another active and productive week. However, even on a lazy day, an active person won't sit around the house watching TV shows and munching on junk food. You should go for walks, catch up with friends and try as much as possible to be out of the house. If you spend your whole Sunday at home, the day will seem short and you will have that awful feeling of not achieving anything. So, be lazy, but stay active!

Tip of the day

Sundays are days reserved to our inner self, so try doing everything that makes you feel better. We talked so much about how to improve your body, but we haven't talked about how to improve your attitude and self-esteem. The mission for today is to find your inner

balance. Just like we found the right diet and exercises for a balanced and functional body, you must find the things that will bring balance in your mind and soul. If you are a religious person, you should absolutely go to church on a Sunday. If you are just a spiritual person, meditate and think about ways that will make you a better man or woman. One of the greatest ways of increasing your self-esteem and satisfying your inner self is to help others without expecting anything in return. Donations and material help are always useful for the ones in need, but if you really want to have an impact on those you help, you should get involved in their problems. Do some good deeds, volunteer at the local homeless shelter or just grab a plastic bag and pick up some trash in your neighborhood.

Foods to be eaten

The menu for today must be light and frugal. That doesn't mean you have to starve yourself. You can eat whatever you want from the dishes and aliments you had this week, but keep an eye on the serving sizes. Don't eat until you feel yourself full. Eat enough to not feel hungry anymore. Also, cooking shouldn't take so much time today, so go mostly for raw or simply cooked meals. This doesn't matter you can eat only processed or microwaved foods. Even if you will go out and the temptations will follow you everywhere, don't rush in a fast food for some of those delicious looking but poisonous burgers. The closest thing you can have to fast-food for today, if you go out for lunch or dinner, is pizza, but in a family owned restaurant. They usually use fresh ingredients and the pizza is made on the spot rather than grabbed from the freezer.

Breakfast

Depending on the activities you planned for the day, there are two kinds of breakfasts you can have for today. If you planned to sit inside for the first half of the day and take it easy, have a bath, read or just hang around, you will need a leisurely breakfast. This can be just a couple of raw fruits or a simple smoothie, with two or three ingredients. If you planned on being lazy outdoors, maybe a morning walk or a cup of coffee with an old friend, eat something more consistent. Eggs are always a great idea, but you can't have many other things next to them for today. The best idea is to have a classic breakfast, with milk and whole-grains cereals or peanut butter and jelly sandwiches and a tall glass of orange juice.

Morning snack

Since we're talking about a Sunday morning, there won't be so much activity involved. Because of that, your appetite won't scream for a snack. But, regardless if you feel the need for one to not, you should still have something light to power you up. Some of the best choices are bananas, apples or yogurts with berries. Another thing you can try on a Sunday morning is a milk shake. The chocolate milk shake is a great energy booster and it can easily replace the coffee. If you can't function well without a coffee, try something milks, such as cappuccino or a latte. Fruits, yogurt, milk shakes and delicious coffees are separate snacks. Choose only one of them, because if you mix them all, you won't have a snack, you will have a meal.

Lunch

The lunch of Sunday is a little more delicate, because there are three scenarios in which you can have it. The problem with most of the diets is that they aren't flexible enough for people to stick to them. But, we designed the seven days diet plan for Tinnitus in a way that will allow you to go on with your social and professional life, while you eating healthy.

The first situation is the one in which you are alone on a Sunday and you will have your lunch alone. In this case, you will be able to eat whatever you want, as long as it's consistent, healthy and good for your Tinnitus. Either if you build your lunch around lean meats, fish, seafood or you have just a simple salad, go easy on the carbs and sugar.

The second situation is when you have to cook or have lunch with your family. It's pretty simple to stick to your diet, even if you have to cook for people with different nutritional needs or if someone else will cook for you. The idea is that you don't have to eat everything you cook or everything that's placed on the table. Pick and choose the dishes that go well with your diet.

The third case is when you are in the situation of having lunch with another person in a restaurant. As I said before, the restaurant food is not a wise idea for a diet, because you can't know all the ingredients and cooking methods used in preparing those dishes. The safest options you have are veggie soups and salads.

Afternoon snack

The afternoon snacks for a Sunday can be your way of cheating on your diet in an organized way. It's hard to restrain yourself for the little guilty pleasures like your favorite candy bars or pastries. Staying too long without these will make you crave for them and one day you

will just give up and stuff yourself with cinnamon rolls. You can prevent them by allowing yourself to have a little unhealthy sweet from time to time. So for your afternoon snack on the seventh day in this diet plan, just go wild. Ice cream, nachos with cheese or French fries can be your guilty snack of the day. The idea here is that everyone cheats on their diet, but if you do it in an organized and controlled way, it won't affect you so much. More than that, this is an easy way of preventing regular diet cheats. Whenever you'll feel like stuffing yourself with a bag of M&Ms or a chocolate bar, you will rationalize the situation and say to yourself that it's worth waiting for Sunday afternoon to enjoy your guilty and unhealthy culinary pleasure.

Dinner

It's Sunday evening and you are about to eat the last meal of your seven day diet plan for Tinnitus. It's a reason to celebrate, because not everyone is able to stick to a diet so long. People who are sticking to a diet and exercise plan are just the elite of those who start a diet and you are about to enter their world. Since this is a reason to celebrate, spoil yourself over dinner, but don't do it with food, do it with a great company. Invite friends over for dinner at your house, but don't tell them the occasion. Keep this little victory in your life for yourself and enjoy their presence.

For this dinner you can choose two of the dishes you liked this far in the diet plan and get creative with it. Everything in this diet can be cooked in a special way that will make it worthy for an Instagram post.

The Sunday dinner can also include dessert, but what you will serve for desert depends on what you had for your afternoon snack. As any celebration, this dinner will call for a toast. So, you can have a glass of red wine at the end of the day.

The Sunday workout

Just because it's Sunday and we talked about the benefits of a lazy day in your diet plan, it doesn't mean you shouldn't exercise. A yoga routine is one of the most preferred work-outs for a Sunday. You can either take a yoga class or you can practice all the other poses and exercises found in the previous chapters. In case you want something different, a cardio routine with or without a stepper is also a great form of working out on a Sunday.

Besides actual work-out, you can get active in many ways. Involve in physical activities with your children, dog, friends or even alone. Take a long walk, throw a couple of balls, go to the beach or anything else that will make you active. If you're planning on volunteering, don't

hesitate to get some physical work done. Another great way to spend your Sunday is gardening. Plant some roses and other flowers in your back yard and take care of them at the end of each week. It will be a great way of staying active on a lazy day and also, gardening is an amazingly efficient therapy against stress.

Conclusion of the seven day plan

As you probably noticed, the seven day diet plan for Tinnitus doesn't look like a regular diet plan. That's because it's not. What use to keep studying diet plans of you won't be able to stick to them? That's the problem with the diets of today. They impose strict meal and exercise routines that can't be followed by the regular person with a career or family and then they blame the people giving up for not being motivated or focused enough. These diets are for the young and good looking boys and girls, who are not doing anything else than sticking to their diet, hitting the gym and posting pictures on social media sites. A man or woman with a career needs a diet flexible enough to be modeled after his or her daily and busy schedule.

Our diet does just that and that's why I am sure you will be able to stick to it. Sticking to it won't seem like a burthen. More than that, it will be an ease for your schedule, since you will constantly know what you have to do. If you think about it, living healthy and exercising is not such a hard thing to do. You just have to find the diet that fits your busy life. You just found one, so good luck sticking to it!

Chapter 5- Home remedies and medical Tinnitus treatments.

While there is no real cure for Tinnitus there are many medical options to try which can reduce the symptoms and make it bearable. There are some good quality hearing aids available that can reduce and even eliminate most Tinnitus if it is associated with hearing loss. Sometimes a mild case of Tinnitus can go away on its own without intervention but not all Tinnitus can be completely cured. If you feel your having a hard time coping or would just like to talk to others suffering the same problem there are support groups that can be quite helpful knowing you aren't suffering alone.

You may go to your doctor with symptoms like hearing a constant buzzing, ringing, whistling or humming deep within your ear. Patients will hear a sound in the nonexistence of other external sounds. It is really not defined as a disease but more of a symptom associated with your hearing system. As we discussed earlier in the book, there is primary Tinnitus where there is no real cause found and you are left with slight or severe hearing loss. Secondary Tinnitus is often caused by another problem that may be treatable; your doctor will make the diagnosis in whether you have primary or secondary.

Inside your inner ear in your hearing system if there is damage or even loss to the sensory hair cells inside the ear you may experience Tinnitus. Factors can be from noise



damage, your age and medications you are taking. Noise exposure is a preventable form of Tinnitus; Tinnitus may even develop before hearing loss starts, which can be seen as a warning sign to people to wear protection in noisy areas. If you are taking diuretics or antibiotics and even some non-prescription medications you can be at risk of developing

Tinnitus. Sometimes patients can make their own Tinnitus worse by being anxious and stressed about it. Tinnitus is an annoyance that isn't too drastic, it isn't caused from any real worrying illness and a lot of suffers just need reassurance.

Tinnitus sufferers may find they are more just disturbed by the constant buzzing in their head, which can become tiring trying to find a way to distract one's self from the increased noise. Ongoing Tinnitus is sometimes said to be like a group of crickets or mosquitoes right near your ear, doctors have said it can be from an abnormality in the hearing system.

Rare but possible doctors have said it can be a tumour of the vestibulocochlear nerve which is an acoustic neuroma. Most will end up with a certain degree of nerve deafness due to the common wear in which there is no treatment but your doctor will still need to make a diagnosis. Doctors explain that it's important to ignore the Tinnitus and simply distract yourself as constant focus can actually make it worse and more constant. You need to limit the exposure that ear has to loud sudden noises wearing ear plugs can help limit the noise and will help to prevent the Tinnitus worsening.

Diagnosis

Doctors are working with researchers to find the main cause and cure for Tinnitus, finding what exactly is causing the Tinnitus and where it started from then the doctors can work from there to find the solution to stop it in its tracks.

When diagnosed with Tinnitus the doctor might ask you to participate in some testing including;

- Electrical and magnetic stimulation on the particular brain areas that are involved with the hearing system to try and find a way to normalize the pulsing caught up with Tinnitus.
- The next one is Repetitive transcranial magnetic stimulation which uses a device the doctor places on your scalp to create magnetic pulses this helps the doctor to pinpoint the area in the brain that he can stimulate to restrain Tinnitus.
- It also helps them to see the different reactions and responses from individuals when the stimulation instrument is used.



Hyperactivity with a deep brain stimulus is another test that doctors may perform they will examine the hyperactivity after putting your ear through a few loud, intense noises. This helps their knowledge to understand where about the hyperactivity begins, then trying brain stimulation on that area to try to calm down the network and decrease the Tinnitus.

First when your doctor suspects Tinnitus he will get a record of your history and go through potential causes with you and perform a physical examination. You may have Tinnitus one sided which is connected to hearing loss. Hearing aids help by taking away the disturbance from Tinnitus by making the outside sounds more noticeable. There is a therapeutic noise generator that can help and is recommended for use in people with no hearing loss which stimulates the fibres of the hearing nerve which distracts the concentration away from the Tinnitus. Tinnitus refraining therapy can help to reduce and hopefully eliminate Tinnitus sensitivity working with a hearing aid or a noise generator together aiming to maximise the environmental sounds.

Tinnitus can sometimes be created by extreme earwax build up; the doctor will use suction and an instrument known as a curette and gently flush with warm water. Ear infections can cause Tinnitus as well which can be treated with a course of strong antibiotics.

Surgical treatments

There is no particular operation to cure Tinnitus but, there are surgical treatments for other ear issues that can sometimes eliminate existing Tinnitus or make it barely noticeable.

These can be as simple as an ear infection or more complicated otosclerosis. Upon diagnosis have a check to make sure it is not Tinnitus that may be caused by the jaw joint which is actually treatable. This can occur due to the jaw muscle among the middle ear are too close connected. So therefore when the jaw muscle has a spasm the ear muscle will then react by creating a pulling force that will end up pulling the eardrum too tightly which can then create Tinnitus.

Drugs and medications

There are only a couple of medications that have researched to show improvement in resolving Tinnitus. It has sadly not been studied to its full potential, so the effects of these drugs are not highly effective at all. Research is ongoing, but many sufferers are shocked by the lack of study in this area. This list is some of the best treatments available today:

- Alprazolam also known as Xanax has shown a meek benefit also working to help with the stress and sleeping problems associated from Tinnitus.
- Dexamethasone also known as Decadron is a steroid which is injected inside the inner ear to help relieve the inflammation.
- Depression often arises with Tinnitus and being prescribed antidepressant medications can help to minor the noise of Tinnitus greatly- if not help you cope with it better.
- There are some studies that have shown that Cytotec medication may help particular sufferers of Tinnitus.
- There are herbal supplements and over the counter dietary supplements that certain people have said have given them mild relief however, there is no gripping evidence on the effects of the use of these supplements.



Homemade food all the way

Foods don't cause Tinnitus but eating a healthy diet can help with symptoms, the same as some medication you may be taking which is better for your health treating with a change in diet rather than taking high doses of medication, please note this does not work for everyone. Home-cooked foods are healthy and guarantee the best results every time.

Eating a healthy diet and eliminating the side effects of medication to treat Tinnitus can be better for your health. Eating a diet rich in needful nutrients and taking supplements can help to improve your circulation and reduce the inflammation. A diet for Tinnitus sufferers should be high in protein and include raw fruits and vegetables. Use primary



fuels each day like coconuts, grass fed meat, avocados and plenty of nuts and seeds with the use of non-starchy vegetables. Certain foods can reduce and protect against inflammation and these need to be phytonutrient dense foods, free range animal products and healthy fats.

Fruits low in sugar but rich in nutrients like lemons and grapefruits are very beneficial. Foods like saturated fats, sugars, processed foods, and caffeine can all aggravate Tinnitus making it worse especially

over time.

Foods high in the anti-oxidant pycnogenol have shown to have powerful effects as it enhances blood supply to the inner ear and can help to reverse Tinnitus, grapefruit extract is very high in the anti-oxidant. Other items such as ginkgo biloba and maidenhair tree extract applied as ear drops have been known to relieve symptoms as well. If you are on other medications make sure you check with your doctor before taking herbs or alternate remedies as these can interfere with medication.

Flavour enhancers are very bad for Tinnitus sufferers; they are added to food to make it taste better. MSG is a known flavour enhancer which actually breaks down to glutamate inside the body which is a neuro-transmitter that can trigger your neurons to fire up until they become fried and die. MSG is known to help trigger Tinnitus and make it severely worse so try to eat organic and read the label to check if MSG is added.

Stay away from saturated and trans- fats people suffering Tinnitus need to increase their blood flow especially to the inner ear to help remove toxins and look after the still

healthy cells. Using these types of fats can in fact decrease blood flow to the inner ear making Tinnitus worse and symptoms more aggravating.

Everyone knows about the benefits of omega three fatty acids that are found in fish. Omega three reduces inflammation and pain; they can also help with depression and anxiety as they help to regulate your mood. Omega three fatty acids actually increase insulin which is helpful for people with hyperinsulinemia as most people suffering Tinnitus in fact suffer hyperinsulinemia.

Using organic food and herbs to lessen the degree of Tinnitus can include having a multi-rich diet that is low in sodium. Herbs that have shown to be beneficial for some suffers of Tinnitus is burdock root, black cohosh, hawthorn leaf and bayberry bark can help relieve Tinnitus. You can bring yourself some holistic relief by using garlic, a warm pillow of salt, ginger and mustard seed pillow. Consuming a diet low in sodium may help your Tinnitus particularly if you are suffering the Meniere's disease which is the retention of fluid among the ear causing dizziness and hearing loss.

Home remedies that may help

Another home remedy in food for Tinnitus is garlic. Garlic is loaded with antioxidant properties which can help in giving relief to the ringing or whistling in your ear that is associated with Tinnitus. Put five to six cloves of garlic in a cup of olive oil mixing it until its minced. Let the mixture sit for about a week, drain the liquid and put a few drops inside the ear it can help promote hearing and gives a soothing reaction to the constant ringing.

Avoid huge intakes of caffeine and smoking this can worsen Tinnitus as nicotine obstructs blood flow to the ear so cutting back or completely giving up can prove helpful.

Filling a cotton bag with warm salt can help symptoms of Tinnitus. Using warm stir-fried salt is best. Lying down on the pillow resting the effected side on the salt bag will help in bringing some relief to your symptoms.



Another recipe is the mustard seed pillow. Mustard powder wrapped in cotton and inserted into the ear overnight this has been known to help with the sounds associated with Tinnitus, make sure cotton is sealed and does not have a possibility of leakage.

Walnuts: Take a couple of walnuts that have been soaking in salt water for about forty minutes and then let them dry. Go ahead and fry them on low until crisp. Taking some of these each morning can help Tinnitus.

Some of these medical treatments and food changes in your diet may or may not help you but when looking at the pros and cons of medications opposed to a change in your diet for relief weighing it up your better to try and find a remedy for Tinnitus or even something that lessens the noise and aggravation in food rather than medication.

Adding some more anti-oxidants or herbs to your diet and taking away sodium, caffeine and sugars is not much of a big step to the solution it may help your Tinnitus its worth a try.

Chapter 6- Other Things You Can Do to Reverse Your Tinnitus

So that you won't impact some of your other organs and bodily functions with medications, you may want to pursue more holistic approaches for treating your Tinnitus. This annoying condition can decrease your quality of life and disrupt your normal routines each day. Traditional medicine as of yet has no cure so natural treatments and home remedies may work to alleviate your symptoms and improve your health and well-being without your having to worry about interactions of the medicines that you are taking.

Beneficial Foods and Supplements

To begin your holistic approach, you may want to begin examining the types of foods that you eat to determine supplements that could help to improve your condition. Two of the most common factors that tend to prompt Tinnitus are caffeine and salt; by reducing the amount of these ingredients that you take in each day, you can influence some of the symptoms of Tinnitus. Caffeine reduces the blood flow to your ears, neck, and head and aggravates the capillaries and small vessels that can be the catalyst for your outbreaks of Tinnitus. Consuming a great deal of salt increases your blood pressure, causes hypertension, and can be the root cause of your Tinnitus problems.

As you research the types of supplements on the market today that can work to reduce the causes of your Tinnitus, be sure to explore the benefits of Ginkgo Biloba as well as CoEnzyme Q10 which is also known as CoQ10. By reducing the inflammation in your blood vessels and promoting improved circulation to your ear's capillaries, Ginkgo Biloba works to alleviate ringing in your ears and other hearing problems; using this product will not be a cure-all in itself but is more effective when combined with some of the other natural remedies that you may prefer over medications. CoQ10 also helps to increase the blood flow to your head and neck and can help to reduce the distracting and annoying noises that impact your hearing. This treatment can also work to prevent strokes and heart attacks in patients.



Vitamins and Herb Solutions

Using some of nature's remedies combined with other strategies can help to provide you with a good solution to your Tinnitus problems. These vitamins and herbs work to make your hearing more normal and help to decrease the symptoms associated with Tinnitus. Let's take a look at some of the most effective vitamins and herbs for you to consider in your holistic treatment; as with all other medical conditions, you should consult your healthcare professional before you begin using any supplement that is outside your normal routine.

- The fruit of Japan's Cornel Dogwood has been very effective in treating Tinnitus. The powerful antioxidant contained in the fruit works to protect the damaged cells inside your

ear cavity. It can also be used to treat liver and kidney diseases as well as vertigo which all impact your quality of life.

- Vitamin E is an excellent supplement for you to take since it works to improve and increase the blood circulation throughout your system. Because of its strong antioxidant qualities, Vitamin E protects the cells in your ears from oxidative types of stress.
- Chinese Wolfberry produces red berries from a shrub that can be mixed with your morning cereal to help alleviate the symptoms of your Tinnitus as well as accompanying dizziness. You should note that if you are currently taking medication for either blood pressure or diabetes you must contact your healthcare professional before consuming this berry. Used for hundreds of years by Chinese practitioners, wolfberry may be one of the alternatives that you choose over medication that may not help your Tinnitus.
- Sesame seeds can be added as a tasty ingredient to any number of foods that you enjoy on a regular basis. This ancient Chinese remedy has been used for hundreds of years to treat Tinnitus successfully.
- The lack of B Vitamins in some people have been linked to increased cases of Tinnitus. You should increase your intake of B Vitamins that include Vitamin B12, Niacin, and Thiamine each day. This set of vitamins works to stabilise your nervous system especially those in your inner ear. Daily recommended doses are up to 500 mg per day for Thiamine, 50 mg two times a day for Niacin, and 1 mg per day for Vitamin B12.
- If you aren't eating pumpkin seeds, pecans, oysters, or Brazil nuts, you may not be getting enough Zinc in your system. Consider taking a Zinc supplement to improve the amount of antioxidants in your system.

Managing the Noise That You Hear

One of the best gifts that you can give to your ears is to limit the amount of noise to which they are exposed on a regular basis. This means that when you run, exercise, or walk around your neighbourhood you manage the amount of sound going into your ears through your ear buds or other devices that are carrying music for you to enjoy. Keep the sound to a normal level and avoid turning up the volume to block out the natural sounds around; many times these peaceful sounds of nature can be more relaxing than the music selections that you are playing on your technical device. To assist you in falling asleep at night, you may want to use some gentle



sounds such as ocean waves or the soothing patter of falling rain to block out other distractions that can aggravate your Tinnitus.

Use a Good Diet and Exercise to Alleviate Your Tinnitus Symptoms

Having a regular regimen of exercise will provide you with a plethora of health benefits; exercise increases the effectiveness of your circulation, keeps you from experiencing inflammation, and reduces the number of episodes of Tinnitus that you have. Not only will a good work-out make you feel better and energise you but also it will help you to fight off other diseases that can impact your quality of life. The ideal diet for preventing Tinnitus should include high proteins, a nutrient-dense fare that includes fresh vegetables and fruits, and eggs. Be sure to use coconut and olive oil in which to cook and prepare your meals, include plenty of fish, and refrain from eating too many processed foods which are more convenient to use but not as healthy as some of your other choices. Including herbs in your ingredients for cooking can also help to alleviate the inflammation that is a catalyst for Tinnitus; some of the ones that you should use are turmeric, ginger, dandelion, oregano, garlic, and green tea. Don't eat junk foods, fast food, beverages high in caffeine, and limit your intake of alcohol which can cause your blood sugar to drop and a bout of Tinnitus to set in. In addition to some of the foods already mentioned, you should include the following list in your diet to help alleviate the symptoms of Tinnitus in a natural and healthy way. Be sure to eat:



- Plenty of pineapple which increases your circulation
- Garlic as an extra ingredient in the dishes that you prepare in your home. You can also take garlic capsules which help to improve circulation and decrease inflammation.
- Foods in your daily meals that are rich in nutrients and vitamins have plenty of amino acids, and that contain phytochemical compounds that help to combat inflammation in your ear canals.
- Nuts and dried fruits for your snacks instead of sweet treats and calorie-laden desserts
- Kelp, sea vegetables, and seaweed leaves or stems because of this high content of zinc.

Is Sound Therapy for You?

Another innovative technique that you may want to consider is sound therapy which helps to reduce the pain of your Tinnitus. By choosing an appropriate volume and a genre of music that is pleasing to your auditory system, you can effectively reorganise the connections in your brain and alleviate the symptoms that continually disrupt your joy and happiness in life. The more you work with sound therapy programs, the sooner you can begin to control your Tinnitus and begin to experience life without all of the distractions of Tinnitus.

Control Wax Build-Up

Taking a hygiene approach to your Tinnitus can also help to prevent any problems that you have with your ears. On a regular basis, you need to check the build-up of earwax that can disrupt your hearing and cause problems within your ear canal. From using warm water and a mild soap to taking a more invasive approach with an ear wax removal kit, you must keep your ear canal clear of wax so that you can safely and effectively hear what's going on around you. This waxy build-up helps to remove the full feeling that you have in your ears so that sound disturbances aren't generated from this natural system that your body uses to clean passageways. If your ear wax does not ball up on its own and fall from your ear cavity, you should take measures to clean the ear way at least once per month. Should you not want to invest in a kit designed specifically for your ears, you can use small amounts of hydrogen peroxide to soften up the ear wax and then use a warm water bath to remove the excess wax. If the build-up has occurred over an extended period of time, you may want to repeat these steps until your ear canal is clean and free from any remaining debris that can prompt Tinnitus.

Change Your Lifestyle

Many of your health-related issues can be effectively controlled by changing some of your habits and the lifestyle that you currently have. As previously stated, you should limit the amount of alcohol that you consume so that your blood vessels won't be dilated and be the catalyst for Tinnitus. Stress is thought to be one of the leading causes of Tinnitus so you should do as many activities as possible to decrease your tension and frustration. From engaging in community events that help others to participating in daily exercises, you can effectively control and manage your stress so that Tinnitus won't occur as frequently in your life. You may want to try learning meditation techniques, a new hobby that causes your mind to focus on something other than your worries, or daily strolls that gets you out of the house and into a more natural

and beautiful setting that promotes peace and tranquillity. Some other comforting ways to reduce your stress include:

- Breathing deeply so that you can regain control of your heart rate and blood pressure. Be sure to sit erect, close your eyes, and place your hand on your stomach. Inhale slowly with your nose, feel the breath in your stomach, and then reverse the entire process. This helps you to relax, rejuvenate, and regain control of some of the elements that can cause Tinnitus.
- Slow down and enjoy the moment. Don't hurry through your meals, your conversations with others, and the activities that you really enjoy doing. Your Tinnitus may be warning signs that you should slow down, enjoy life, and smell the roses along the way.
- Use some decompress strategies that make you feel comfortable and more peaceful. You can put a warm cloth or heat wrap along your shoulders and neck for a few minutes to help alleviate the stress that tends to gather in these areas of your body. Keep your eyes closed, relax your neck, face, and upper body and breathe deeply. After you remove the cloth, make it into the form of a ball and use it to massage the sore and stressed muscles that are sensitive to your touch.
- Laughter is truly the best medicine. Laughter helps to increase the amount of endorphins that your body is producing and to limit the stress hormone, cortisol that can bring on an attack of Tinnitus. Watch your favourite funny movie with a friend, read the comics in your local paper, or gather with colleagues who enjoy a good laugh and the relief that it can bring from stressful situations.



Ear Protection is a Must

If you're working in a location that is noisy such as manufacturing or the construction sector it's imperative that you wear ear protection at all times. Whether it's large machinery or production lines that create a constant noise level, you must wear ear plugs or another form of protection that can prevent your Tinnitus from disrupting your work schedule. About 90% of Tinnitus sufferers have a partial hearing loss because of not taking the proper precautions when working in less-than-ideal settings. No matter what your professional duties, be sure to ask your supervisor to provide adequate protection for your ears so that you can alleviate your Tinnitus before it even begins.

Can Chiropractic Treatments Help?

Chiropractic health care primarily attends to your nervous as well as your musculoskeletal system and the disorders that originate from this location in your body. These professionals manipulate your spine to achieve relief from some of the basic symptoms of Tinnitus. Your chiropractor will adjust your neck area, use myofascial therapy which involves direct pressure as well as stretching to achieve the desired results. He may also recommend massage therapy that can work to relieve some of your tight and tense muscles which restrict blood flow; this is a definite treat that you should give yourself in your holistic approach to treating your Tinnitus.

Avoid Tobacco Products

By now you should be aware that using tobacco products of any type is harmful for you and your good health. Any type of tobacco product is usually high in nicotine which reduces your blood flow to the important structures located in your inner ear. Besides disrupting your normal blood flow, nicotine increases your blood pressure, makes breathing much more difficult, and can give you an overall feeling of malaise which only serves to prompt Tinnitus from attacking your weakened body and its organs. If you are currently using tobacco products, be sure to make every effort to quit so that you can alleviate another possible source for your Tinnitus.

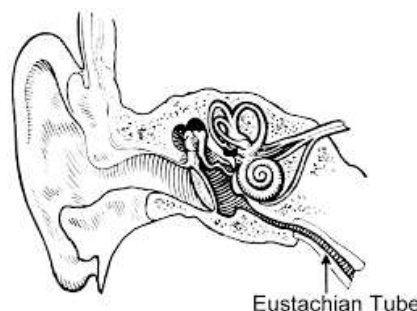
Check Your Medications

You'll certainly want to limit the amount of aspirin products that you take; this includes NSAIDs as well as ibuprofen and naproxen. It's an excellent idea to also have your healthcare professional check the number and doses of other medications that you are taking to determine if there are any adverse reactions occurring that can cause an onset of Tinnitus. If you embarked upon finding your own remedy without first consulting your physician, you may be combining some natural supplements with your regular medications to produce negative effects on your entire health and well-being. It's imperative to check to see how your body is tolerating the current medications that you are taking so that you can eliminate any undue factors causing your Tinnitus.

Alternative Medicines

Each individual is different so if you want to try an alternative technique for reliving or reversing your Tinnitus you may want to explore some of the strategies listed below.

- Acupuncture
- Hypnosis
- Transcranial Magnetic Stimulation
- Hyperbaric oxygen
- Aromatherapy
- Draining your Eustachian tube



All of these methods can be used in combination with other plans of action to help alleviate your Tinnitus symptoms. You should carefully research each strategy and consult with your healthcare professional before deciding upon anything that impacts your health and well-being.

At some time in your life, you may have experienced an annoying period of a mild ringing or other sound inside your ear; this is known as Tinnitus which can impact the quality of your hearing as well as the balance of your life. Whether it's caused by an age-related factor, an injury to your ear, or an infection, this disease can be treated holistically with some effective home remedies. Other causes such as wax build-up, vitamin and nutritional deficiencies can be alleviated with special attention to your hygiene and diet to solve these factors. If you've been exposed to loud noises or are experiencing them at your workplace on a regular basis, you can take steps to protect your ears with equipment provided by your employers. Having high blood pressure, low blood pressure, or diabetes can be controlled with medication to keep you from experiencing stress and other complications that aggravate your Tinnitus. From onions to garlic to saline solutions for your blocked nasal cavities, you can take some steps outside the traditional treatments to help your symptoms decrease or perhaps even disappear.

One of the most beneficial methods for alleviating your symptoms of Tinnitus will be getting regular physical activity which will impact all other areas of your health and well-being. Exercise will improve your flow of blood, your circulation, and the overall good feeling that you receive from a strong workout; when you feel better and you are decreasing the major components that cause Tinnitus, decreased blood flow and circulation, you are regaining control of a situation that you thought only medication could fix. Whether you use swimming, yoga, walking, or an exercise ball, you'll be working to achieve a level of comfort and a quality of life that is much improved and that makes you a happier person.

From seeing your local chiropractor to getting a comforting massage to enjoying a session with a reflexologist, you can find a myriad of natural and healthy ways that holistically treat your Tinnitus. Take some time to explore what treatments and strategies that you prefer, find local professionals who can advise you about some of the remedies that interest you, and be sure to consult your healthcare provider before you start any new treatment methodology.

If you're someone who enjoys finding natural remedies to alleviate painful or annoying health issues, perhaps some of the strategies mentioned above can help you to find the path of treatment that is right for you. After all, another pill may be the solution to your Tinnitus but will be the catalyst for another health issue just waiting around the bend. When you take control of your treatment in a safe and natural way, you feel better, the expense is less for your budget, and you feel more in charge of your life and the manner in which you're living.