

gtriber

simple, free, try it now: 1- place palms of hands over your ears. 2- rest fingers on the back of your head. 3- point middle fingers toward each another. 4- place index fingers on top of middle fingers, and 5- SNAP/THUMP them (the index fingers) against skull. 6- repeat. please share with all, how this works for you. even temporary relief is precious.

Posted On 04/05/2017

tbmustang1

Wow, gtriber, this did reduce the ringing/buzzing that I have (most noticeable in the morning when sitting with computer in quiet). Not gone, and I guess temporary, but really a huge reduction. Thanks!

Posted On 04/05/2017

otis101

gtriber, thanks. Tried this and it did reduce the ringing. Wonder why it works.

Posted On 04/05/2017

Krofter

gtriber - Sure enough. But it does come creeping back. Where did you learn that?

Posted On 04/05/2017

jewel

Looking forward to trying this out at home. Work is too noisy to notice a difference, plus there is WiFi in the building I work in which aggravates and possible causes the tinnitus.

Posted On 04/05/2017

gtriber

it was at the height of my insanity (tinnitus!) that i went (desparately!!) searching for relief and found this technique. sorry, don't recall where i stumbled onto it.

used it a lot at first as ANY escape/reduction was MOST welcome.. noise was loud, constant, and driving me n.u.t.z.

seemed to start about the same time i started having gut/abdominal/intestinal issue(s) and as these issues are being resolved, it too (tinnitus), is going (almost completely!) away.

it was a cruel and depressing rest-of-life sentence i thought i would never escape: i am most fortunate to be finally enjoying the calming! delicious! sound of 'nothing' again.

Posted On 04/07/2017

Xanthone

I have tinnitus since 2010 and it's just been getting worse, 6 months ago I started having serious Meniere's (vertigo) attacks. For the past 3 months I have taken "high" amounts of magnesium about 400 mg a day made of 3 different magnesium kinds. I also take melatonin at night, 250-375 mg Gingko and vitamin c.

I don't smoke or drink. Contrary to what one of your articles says about caffeine lowering tinnitus, I can say for myself that it's the total opposite. Caffeine triggers louder tinnitus and fullness in my ear, which then leads to a vertigo attack that knocks me out for hours. Caffeine also makes me tense up my jaws which again is not good if you have tinnitus.

The last serious vertigo was nearly two weeks ago I had consumed about 100mg caffeine per day all 5 days before that. I have stopped consuming caffeine and lowered my salt intake after the last vertigo which is now almost two weeks ago. Yes, I still have the ringing sometimes its louder but right after a CES session its nearly gone. CES Cerebral Electrical Stimulation is something I started about 4 weeks ago.

I did about 8 -30 min sessions which helped me get rid of a minor constant dizziness I used to feel. I'm amazed how CES has not been studied or looked at by any physician, even Dave Asprey from Bulletproof mentioned it as a treatment. My CES sessions are now 20 min and focused around the head only while before it was done on all my body, I will purchase a CES devise and implement 2-3 times a week as it seems to be the only thing that really shows any result. I started meditating and are now also in the process of becoming vegan. Living with tinnitus has not been easy but Menieres is a totally different story it cripples you, you can't focus, work exercise which is something i do daily. But it has made me appreciate live more, every day without a vertigo attack isa fantastic day. I hope and pray that in the near future they will find a cure for this horrible disease

Posted On 04/04/2017

seg

I think when the body goes outta whack you are at the risk of many diseases/ailments..Which is why the best cure for any disease is to not get it in the first place..I also believe the reason there is no cure is because mainstream gurus are looking in the wrong direction..From what i have gathered Tinnitus is rather than being a ringing inside your ears, it's a ringing across your brain..Therefore tinnitus is really a disease of the networks that connect the brain and faulty Synapses could be the culprit.While there may be many reasons for this ailment, the notion that loud noises alone causes it does not make any sense to me.. Why? If that is the case then if you cut the Auditory nerve then being deaf should cure your Tinnitus,..but that is not the case, even deaf people suffer from Tinnitus !

There are certain herbs that have proven to help including hibiscus, hawthorn berry, Olive leaf.Also Garlic,Omega 3's, Zinc, Niacin and other B vitamins, Buchu leaves..Juniper berry and uva ursi clean your brain of toxins, green tea helps to multiply the neural connections, and vitamin C creates a shield against tinnitus, Alzheimer's, and tumors. Also can try try CBD OIL..Someone also said a supplement called Tinniticil was very helpful as well as getting rid of their WIFI...Employ trial and error, but never give up, never surrender to the "no cure" mantra..You might not cure your ailment but you can significantly reduce the discomfort and help others along the way....

tinnitusterminator.com/cbd-oil-tinnitus-cure

Posted On 04/05/2017

lanmatp

tinnitus could be one of the symptoms of ileocecal valve syndrome.www.youtube.com/watch

ILEOCECAL VALVE SYNDROME SYMPTOMS Right shoulder pain Right side pelvic pain Low back pain Pain surrounding heart Flu symptoms Tinnitus Nausea Syncope / Near syncope Headache Bad breath Face pallor Dark circles under eyes Dizziness Bowel disturbances (diarrhea / constipation)

Posted On 04/05/2017

kinesiologykid

The reason magnesium helps tinnitus is because tinnitus is caused by excess calcium in the inner ear (Dr Igor Tabrizian research). EVERYONE with arthritis, fibromyalgia, Chronic Fatigue Syndrome, osteoporosis, MS, Parkinson's etc. is MASSIVELY magnesium deficient. I have 115 video testimonials on YouTube - every one needed magnesium, but only after fight/flight was corrected. If you are in fight/flight you are magnesium deficient. I had a client who had had 10 sessions in a flotation tank over 3 months (which contain half a ton of magnesium sulphate). They had a big emotional stress and became MASSIVELY magnesium deficient - the stress depletes magnesium.

Posted On 04/05/2017

hils

kinesiologykid - Thanks for this post. It got me to researching fight/flight magnesium and I found this wonderful site:- magnesiumandhealth.com/.../fight-flight-response

Posted On 04/05/2017

Krofter

A gun going off next to my right ear when I was 14 (1967) left me with a lifelong ringing in that ear. It was further exacerbated by listening to loud music at concerts and working with clanging metal. If I only knew then what I know now. I take magnesium for other reasons, but I've not noticed any improvement with the tinnitus.

Posted On 04/05/2017

otis101

Krofter, know what you mean. Being around loud guns in the Marine Corps and loud music concerts left me with constant ringing in my ears. Fun times seeing the Doors live, many loud rock musicians at the Fillmore West in San Francisco and a few live Rolling Stones concerts. Yep, as you say, "If I only knew then what I know now". Magnesium has not helped plus lots of other supplements and eating the right food has not helped.

Posted On 04/05/2017

John the treedoctor

My tinnitus seems to stem from my neck. When it is bad I find that when I turn my head the noise changes, sounding like twiddling the tuning knob on a radio. I take several supplements including vitamins C and D and also Magnesium. My tinnitus continues unabated. My daughter also suffers and has since her thirties.

Posted On 04/05/2017

Ianmatp

if on right side then check for ileocecal valve syndrome. we are what we eat can be a major part of the problem.

Posted On 04/05/2017

John the treedoctor

Thanks for the reply. I can't say it is on any particular side, it seems to me to be inside my head. It's not unbearable and I've learned to live with it. I think it might have been caused by my use of chainsaws as a tree surgeon but how my daughter came by it, I've no idea.

Posted On 04/05/2017

vampireslayer

My tinnitus seems to stem from my neck also...When I turn my head the sounds change, sometimes a very high pitch or muffled sound. I have neuropathy from some bad discs in my neck, sometimes when I turn my head I hear scraping in my neck 🙄 I also take Vitamin C, D & magnesium. I take Super B complex for various reasons, B Vitamins are required as coenzymes for cellular function and help brain cells make myelin to insulate nerves, re-myelin sheath...The B complex has reduced the ringing at least 50%! But I still have the TV, fan or music playing for a distraction or I wouldn't be able to focus enough to read these articles 🙄 after my first concert back in the 60's, I started wearing ear plugs...

Posted On 04/05/2017

John the treedoctor

Vampireslayer: Thanks for the heads-up on the B vitamins. I've been thinking about upping my intake of B's for a while for different reasons, ie, deteriorating short-term memory and tiredness during the day, this is another reason to go ahead and do it.

Posted On 04/06/2017

sensitivestrength

I have found magnesium taurate helpful.

Posted On 04/05/2017

MDG

I've had tinnitus since I was in my late teens (I'm now almost 48). I've basically just learned to ignore, though there have been times in the past where it almost drove me crazy (in a totally silent room trying to sleep, usually). Haven't had that problem in the past 8-10 years though. I'm going to at least give some of this stuff a try.

I've also been told by doctors over the years that I have "excessive" ear wax production. I'm wondering if this is related. Every 5 years or so, I end up having to have wax removed from one of my ears because it builds up so much that I can't hear. I have noticed that avoiding swimming (or, at least, putting my head completely under water) has kept this from happening for the past 6 or 7 years. I did have ear infections 3 years in a row in my late teens, and had to have wax cleaned out. I'm wondering if this could have something to do with it, though I haven't had an ear infection in more than 25 years now.

Posted On 04/05/2017

jewel

I take magnesium daily, so that isn't the cause for me. I've tried other things to reduce the ringing in my ears, but without much success. The one thing that really made a difference was reducing exposure to RF and EMF from WiFi and especially dumb (smart) meters. I can trace when I started to have tinnitus to when a dumb meter was installed on my home. It was beyond maddening - like a fire alarm going off in my head 24/7. I could not sleep and was in utter torment. I was able to get one of the dumb meters (for gas) removed easily, but had to fight our local utility company for over a year to get the electric one replaced with a safe analog meter and pay extortion fees to do so. Once the meter was gone, the tinnitus was reduced dramatically. We also ditched WiFi and got rid of our cordless phones. Big difference. Now, I am subjected to WiFi at work, so the problem continues. Tinnitus/ringing in the ears is one of the most common symptoms complained about by people who suffer from RF/EMF (radiofrequency/electromagnetic frequency) pollution.

Posted On 04/05/2017

Randyfast

I lost the hearing in my right ear in 1980. I'm essentially deaf in that ear. I was originally diagnosed with "Meniere's disease". It could have been caused by loud music; or, bacteria. I'm leaning toward the bacteria hypothesis. As I'm sitting in my recliner, the high-pitched whine is quite noticeable. Most of the time; however, I am able to ignore it. Actually; it just now, seemed to calm down a bit. I'm quite sure that this condition is compounded by stress. I have a lot of trouble hearing sounds; but also identifying sounds - which can sometimes be a bit scary - especially at night! Fortunately; I know my body very well. I suffer with many physical problems; yet, I don't let them get me down. I just work around them! If my young friend comes over on Friday, we will have a really good workout session and I will NOT be too concerned about my injured body parts. I will focus on building the good parts! Meanwhile; today is also a workout day. I will be going at it like a twenty year old! "Infirmities" can just sit back and watch!

Posted On 04/05/2017

jsmccord7

I believe some tinnitus comes from cranial plates that have shifted from raging osteoporosis and from blows on the cranium.I've had it from 1993 after a car accident from head being banged around.So,for peace of mind a vacation from tinnitus would be the greatest vacation of all time for me.Able to hop in bed to hear dead silence is just a dream....the band plays on and never stops 24/7 365.

Posted On 04/05/2017

RieRie123

I was in an accident in the nineties and since that time, I have severe hearing loss and I have severe, chronic, relentless tinnitus. At first, I wanted to kill myself. It is horrible! It won't stop and you can't get away from it EVER. It's like being in your own little personal hell. I've adapted, but it still makes me feel crazy, LOL. I've closed off from everyone and everything. Nothing has helped. I even had special hearing aids at first that were supposed to mask it. They did not help. I no longer can afford hearing aids or anything else. At that time my teeth shattered as well. I can't get dental work. Poverty sucks, LOL. I have tried the head thump thing and I have tried supplements including magnesium. I am stuck with this for the rest of my life and all I can say is I don't have a life anymore.... I'm 100% ALONE and I hope it's a very short remainder of life that remains.

Posted On 04/08/2017

Mikke5

I lost 20% percent of my hearing and Tinnitus got worse after I became anaemic my Iron Ferritin levels went down to 3 I was very sick and lost part of my hearing and balance , feeling sick every day ,nausea ,dizzy . I ended up at the Emergency hospital Its been two months and I been taking 150 mg. of FeraMAX. Iron supplement a day prescribed by the hospital doctorMy levels of iron are slowly going up my hearing got better and I am feeling 50% much better I hope I can completely recover part of my hearing loss .I been taking magnesium Chloride and citride 800 mg. a day for the last 6 years does not help me for Tinnitus .

Posted On 04/07/2017

KED518

I agree with jewel's comments. My feeling is that the ringing-in-the-ears has much to do with the EMFs. When the weather-mod is in full force, there are several physical effects I've noticed.

Posted On 04/06/2017

Pablo45

I have tinnitus. I also have a kidney problem which involves creatinine. My kidney Doctor told me to not take any magnesium. I would appreciate any thoughts on this.

Posted On 04/05/2017

frsamuel

Dear Pablo, Very sorry for your difficulty, but you must listen to your Doctor. Kidney chemistry is nothing to fool around with. However, green leafy vegetables are rather high in magnesium, as is chocolate, so you shouldn't have too much trouble getting enough for health. Please know, however, that stress and some medications cause the body to expel magnesium. A blood test will not reveal the mg status because the body will raid the skeleton in order to maintain the serum level. Please do a search on magnesium deficiency, as there is much, much to learn about this. Generally speaking, MOST people are deficient. Good luck, and God bless. Oh, Yes! I have been supplementing with magnesium for many years and still have the ringing ears, etc. So, look at the other possible approaches.

Posted On 04/05/2017

Maritt

I suggest you obtain a second opinion from an Integrative Doctor / Health practitioner , Naturopathic Doctor that could assist you to improve kidney health/function and provide you with cutting edge information regarding magnesium.

Posted On 04/06/2017

Sathyam

Forget "kidney doctors" and go see a TCM practitioner. You need to see someone who will look at the whole biological system, rather than just parts. Western medicine tends to separate everything which holistic sciences such as TCM and Ayurveda see as a whole to be assessed.

Posted On 04/07/2017

Guillermou

Dr. Mercola also recommends Valerian Root, since it influences the neurotransmitter GABA, which plays the role of mediating brain sound receptors. Deficiency in either of these could trigger or aggravate tinnitus, as both are necessary to stimulate normal nerve function. Studies demonstrated improvement in hearing when participants with noise-induced hearing loss supplemented with magnesium. In one, 11 patients with moderate to severe tinnitus achieved significant improvement by taking a daily dose of 532 milligrams of magnesium for three months.

Coenzyme Q10. CoQ10 may reduce noise-induced hearing loss. This and other antioxidants may also help neutralize reactive oxygen species involved in the progression of tinnitus. Taurine has demonstrated a protective effect on hearing loss related to medication use. 5 medicinal plants consisting of Panax ginseng, Melissa officinalis, Allium cepa and Ginkgo biloba and astragalus, are effective. The boiling of the plant was the most commonly used. The use of medicinal plants and their derivatives results in a reduction in the overall prevalence of earache probably due to the inhibition of ROS production, and iNOS and inflammatory activities.

David Hoffmann, a herbalist originally from Great Britain, wrote in his book "The Herbal Handbook" that the Golden Seal could be an effective aid for some cases of tinnitus caused by accumulation of mucus. .--
core.ac.uk/.../143845042.pdf .----- The International Tinnitus Journal: www.tinnitusjournal.com .-----
www.tinnitusjournal.com .---

Posted On 03/06/2024

redplanet1

I got tinnitus from an ear infection, about age 50. I take magnesium every day, do not notice it does anything for the tinnitus. But I also take taurine every day and that I have noticed can make a difference. We all have different biological terrains so this isn't surprising. When I got vax shedded on (I am unvaxxed) within 15 minutes my tinnitus spiked and stayed high for a long time. Its back to its usual now. (The vax shedding came from a double Moderna.)

Posted On 03/06/2024

sunshinedaydream

I've found acupuncture has helped my tinnitus. And of course being a Mercola follower, I've taken supplements for years. My goal is to be an old lady with no prescriptions

Posted On 03/06/2024

bchristine

I've had very low-level tinnitus in my left ear since I was very young -- an incompetent ear Dr. did something and scarred my eardrum back in the early 1960's (I found this out when I worked for an audiologist). It's always been tolerable, but intensified after a head cold I had about 12 years ago. I get plenty of magnesium, but will take note of the other things mentioned in the article.

Posted On 03/06/2024

mer4090

Folks, I have a newsprint article by the Epoch Times from July 2023, that talks about using low-level laser therapy (LLLT). Also mentions Gushen Pian (TCM), Korean Red Ginseng, dietary therapy, biofeedback, heavy metal chelation, acupuncture, and stress management.

Posted On 03/07/2024

bpm4539

Some other natural solution for tinnitus are discussed here: www.doctoryourself.com/ears.html

Posted On 03/07/2024

Segstar

A good supp to use is Pycnogenol..Also NAC,Ginko Biloba and Alpha Lipoic acid works very well...

www.secondopinionnewsletter.com/Health-Alert-Archive/View-Archive/1364..

Posted On 03/06/2024

muslim1

I'm surprised here's no mention of EMF as a potential cause? There was an article on bbc news about a woman who had it quite bad, and started sleeping inside a tent (in her bedroom) lined with a material to block emf's. After a while, she finally moved to a place with minimal amount of radio activity. ... just found the article (video): www.bbc.co.uk/.../stories-51281856

Posted On 03/06/2024

9ellie1

And then there's Nada Yoga - In the Yoga Sutras of Pantanjali, he talks about Nada Yoga or Supreme Music. "The entire universe is penetrated by Supreme Music. In an individual, it is manifested as a ringing sound in one's head. By meditating on it, yogins feel increase in intensity and volume and ultimately they realize that the entire universe is vibrating in Nadam. How to work with it - pay attention to it, let its vibration fill you up as you resonate with it, relax the mind and see what its telling you. Link it up with the White Light and the heart (see it, hear it and feel it).

Be one with Nada consciousness. If I focus on my right ear, the sound is there. If I focus on the left, the sound is there. If I focus on the corpus callosum, the sound is central. I can focus on it being loud and obnoxious and fight it (resistance makes it louder) or focus on it being soft and gentle and be one with the love it brings. When nada fills the head, it is called Brahman. This is Pythagorus' Music of the Spheres. Chanting Om will manifest Nadam. When any problem arises, sound current, Nadam, increases. The body's wake up call.

Posted On 03/06/2024

sandrleewilliams

I have found that certain foods contribute to my tinnitus, like cheese, ketchup, foods high in salicylates, like almonds. I have also found that when i talk on my cell phone directly, i have issues.

Posted On 03/06/2024

helpothers

I first noticed a tinnitus after a long car trip. I'd gotten home and out of the car late at night and noticed a buzzing. I assumed at the time it was an "after image" kind of like when the sun gets in your eyes and you see spots after except for ears. I didn't notice it again until we'd bought some property in the country and I could hear it then - the city is noisy and I also run 3 air cleaners in my home so there is always some white noise. I got sick in 21 and for a few months after the tinnitus was very loud and any sudden noises would cause ringing in my ears.

I have extra noises in my left ear - likely from a Def Leppard concert in my 20s where I couldn't hear out of that ear for 3 days. It sounds almost like morse code. The irony is I have trouble hearing with any competing noises like in a restaurant, and at the same time I cannot sleep at night without earplugs because my "mommy ears" still listen with hypervigilance and sudden noises will startle me awake. The earplugs do allow me to hear the tinnitus more, but for now it doesn't prevent me from sleeping.

Posted On 03/06/2024

NaturalGrown

It's similar to the sound you hear when you put the seashell over your ear and hear the ocean hissing! Aggravating at times even after 20 plus years with it.

Posted On 03/06/2024

grulla

I have speculated here on the Mercola forum in the past whenever the tinnitus subject came up, that SOME of the 'ringing' MIGHT be the result of a blood flow wheezing sound trying flow through a restricted calcified carotid artery close behind the ear drum. A minimally invasive ultrasound of the carotid neck area should/could/MIGHT help in understanding the cause???

Posted On 03/06/2024

Guillermou

Also: Pulsatile Tinnitus Arising from Aberrant Internal Carotid Artery at Nasopharynx

www.ncbi.nlm.nih.gov/.../PMC3936525

Posted On 03/06/2024
