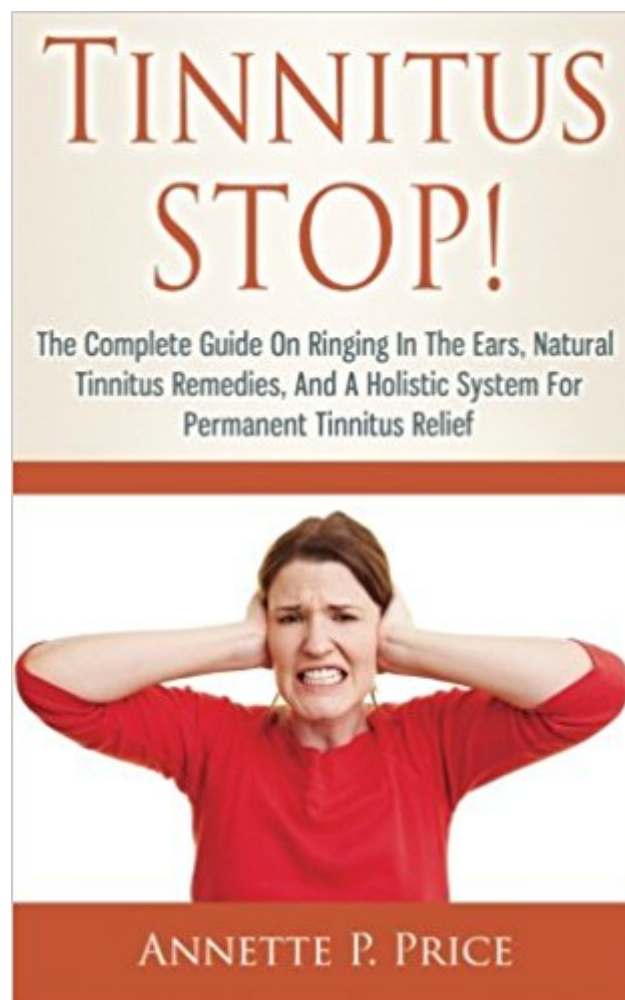




The book was found

Tinnitus STOP! - The Complete Guide On Ringing In The Ears, Natural Tinnitus Remedies, And A Holistic System For Permanent Tinnitus Relief





Synopsis

Are you suffering from ringing in the ears, or a medical term called Tinnitus? Do you know the causes of the ringing sound? Are you desperately needing to know how to stop it? Tinnitus in itself is not a disease; rather it is a symptom of an underlying condition and will often require extensive testing to locate the source of discomfort. In some instances, simple lifestyle changes can minimize the inner noises or make them totally disappear. In the cases where an underlying medical condition has been determined, appropriate treatment will follow and allow the patient a reprieve from the Tinnitus. Treatment can range from changing your diet, to taking medications or undergoing surgery. For many patients, a combination of traditional medical and holistic treatments will assist them in finding relief. This is where "Tinnitus STOP!" can help. In "Tinnitus STOP!", you will learn:

- How to recognize Tinnitus
- 3 proven steps to curing Tinnitus by changing your diet
- 6 time tested and proven strategies for treating Tinnitus naturally
- Simple but often overlooked tips and tricks for preventing tinnitus from happening in the future
- And much more...

Book Information

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Customer Reviews

While I was relieved with my diagnosis of Tinnitus instead of the ringing in my ear being something more serious, I didn't care for the traditional treatment options offered. I started looking for information on more alternative remedies and ran across this book. The author clearly understands the challenges Tinnitus gives, and there are quite a few natural and healthy remedies in chapter 5 that I am going to start trying immediately! I also appreciated the suggestions given for trying to

avoid a flare-up when possible. Even if they only work some of the time, that is definitely better than the things I am trying now that work almost never! Can't wait to incorporate the practical advice this book offers into my life of managing tinnitus.

This book gave me all the information I need on Tinnitus. Something I have suffered with off and on for years. I think what I liked best about this book is that it was able to break down all the information, and make readable. Sometimes these types of books have lingo and phrases that go right over my head. This book was well written giving a close look at how the ear works. It shared the various types of tinnitus, symptoms, causes, and diagnosis procedures. It offers various methods of how to remedy tinnitus such as going to the doctor, which is always an option. But it also offers holistic or natural home remedies such as change in diet, exercises and herbal treatments. With all the information in this book I have been able to keep my tinnitus under control usually with most herbal treatments and some small changes in diet.

Since I've been dealing with difficult-to-treat Tinnitus for years, I am always on the look out for remedies that I've not tried yet. I was happy to find quite a few methods to try that I've not experienced yet. I am well aware of how some things work for some and not for others, so I am excited to try some of the more unusual treatments like color therapy and biofeedback (among others). When you deal with any chronic medical condition, it seems like you've tried everything possible through the years, but thankfully, I've not tried all of these and I really look forward to seeing if one of them just might work for me. After reading about the recommendations, I am excited to try color therapy first!

The book gave so much information and definitely stressed that you should get it checked as soon as possible and the tests that you might have to go through. It gives examples to show that it might not be Tinnitus at all; it could just be an infection instead of something worse! This book also shows some natural remedies for it in place of prescriptions, and some of the fixes are as simple as changing your diet and making yourself comfortable so not only can you battle your Tinnitus, you can also become healthier and manage your stress all in one!

I've been hearing this high pitch noise once in a while for a long time now. It's not that bad that I should be worried about it. It is uncomfortable though if it happens. I suddenly would just rub my ear to alleviate the pain and feel stupid sometimes because I am hearing something that others

don't hear. I didn't even know there is a word for it till I came across with it on the internet one day. I wanted to learn about it with a one stop read. Thanks to this and book and the author, now I feel like I fully understand how it happens, and how to prevent it with natural remedies. The book uses a lot of medical terms but offers a very clear explanation of every words. This is the book to read if you want to know all about Tinnitus.

My problem is chronic c but became much louder several weeks ago. There are many option, see professionals who can help you in dealing with it, and, self-help ways by diet, exercises, better life style and what you need to avoid. I think it is helpful. I'll try the diet suggestions for now. Worth reading.

Helpful but should say there is nothing to be done, which is what audiologists say.

Not blown away. Typos, all information easily available online.

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