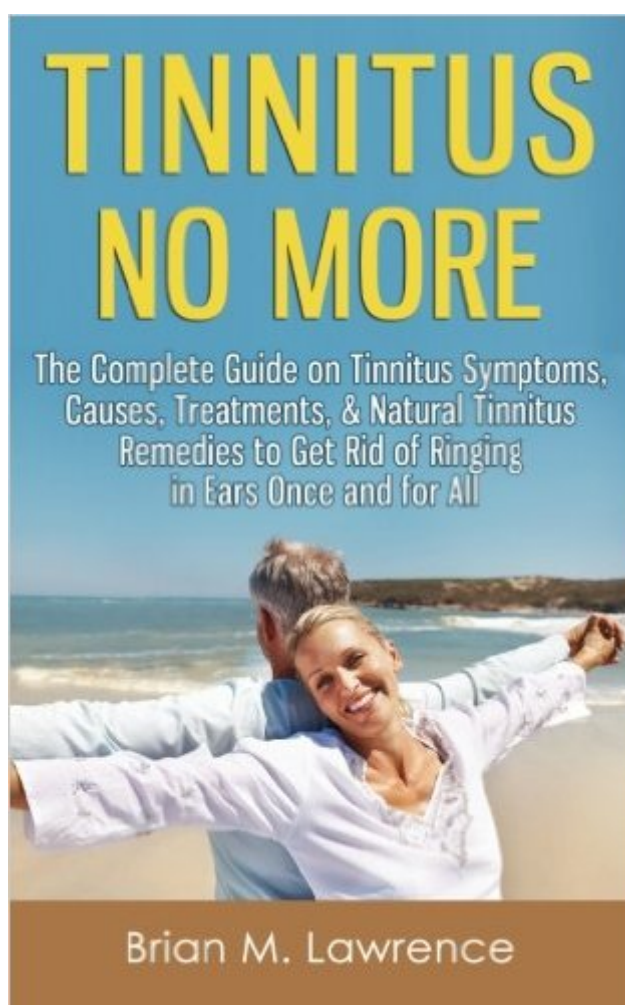


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# Tinnitus No More: The Complete Guide On Tinnitus Symptoms, Causes, Treatments, & Natural Tinnitus Remedies To Get Rid Of Ringing In Ears Once And For All



## Synopsis

Tinnitus symptoms can range from annoying to stressful to downright disabling. If you have tinnitus, it is usually something you are desperate to get rid of. Tinnitus, quite frankly hasn't taken up a lot of room when it comes to research on the various treatments medicine has to offer those with tinnitus. This is partly because doctors don't know the cause of many cases of tinnitus and because the known causes of tinnitus are many. This means that, in traditional medicine, there are few options for treatment with the exception of some neural medications, anxiety medications and antidepressants that can make a difference in those who have tinnitus. Some of the best ways to manage tinnitus is through alternative and natural remedies. This is where "Tinnitus No More" can help. In "Tinnitus No More", 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
- WARNING: 3 things you should never do when it comes to treating Tinnitus
- 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

After a friend of mine starting having symptoms of tinnitus I was looking for a way to help her. I stumbled on this book by accident but it was a happy accident. The book offered causes for tinnitus and also explained the different types of tinnitus. For my friend one of the most helpful chapters of the book was the natural remedies chapter. After trying several natural remedies including herbal and diet changes she discovered that acupuncture worked best for her. People suffering from tinnitus are often frustrated by the lack of information available to them. I had read several books on

tinnitus before this one and I found this book to be the most educational and helpful.

I mentioned to my primary care physician that I was experiencing tinnitus. He said there is no known cure and sent me to the audiology department at Costco! Doctors can be so arrogant. I saw a full one-page ad in my local newspaper for a hearing-aid type device to help with tinnitus, which made me think there may be more material on this condition. I'm so glad I checked if there were any books on regarding this condition. I purchased this one because of its recent publication date and a few positive reviews. Just after a very quick scan of the book on my Kindle reader, indeed this book was a very wise choice. I learned a lot about the condition, and indeed there are many things which can cause it. But knowing that is better than being sent to Costco. There was one section on jaw exercises, which I began to try because I'm at home. Incredibly, I noticed that my tinnitus increased dramatically when I clenched my jaws hard. When I let my jaw go loose, the tinnitus was gone. While the tinnitus is back as I write this review, it's such a relief that I know that I have some kind of starting point to learn about this condition. It was interesting to learn that depression can contribute to or cause tinnitus. Also, there are many alternative-medicine approaches (exercise, reflexology, and acupuncture) which are possible remedies. I'm so glad I bought this book! At \$3, it's a fraction of the cost of a doctor co-pay.

I recently was diagnosed with hearing loss and Tinnitus. I wanted to find some suggestions for herbal treatments and this book had them. I followed one of the recommendations and my ringing in my ears has improved, not gone but improved. It had gotten so bad I was not able to sleep, and now I can at least get some rest. Chris Wodke Author: Running for My Life-Winning for CMT

A family member that I help care for recently was diagnosed with tinnitus, and I wanted to locate some good information to help them with this condition. This book gave me just what I was looking for. Not only was there very easy to understand information about the condition itself, but the suggestions for relieving symptoms also that were very practical and helpful. Since reading this book, I have a better understanding of how to care for my family member and I have put into practice a few of the treatment methods that are suggested. So far, nearly all the suggestions that we have tried have provided some relief and have been effective.

This is a valuable resource for anyone suffering from tinnitus. This disorder can be debilitating and make a person feel crazy. For those with chronic tinnitus, this is more than just a little "ringing in the

ears" and this book helps provide solutions so that sufferers can get their lives back.

This book provided a great introduction to tinnitus as well as a number of good ways to begin dealing with constantly ringing ears. The best thing about this book is that it gives a clear, concise idea of what tinnitus is and how to deal with it on a daily basis without constantly turning to drugs or doctors. The book does not give medical advice, but does give a good idea of what can be expected as you seek medical treatment. All in all, a great intro to tinnitus and great ideas for how to manage it day to day.

Like others who have reviewed this book, I picked it up more out of a frustration to help a family member rather than seeking a magic cure for this affliction. It isn't a bad book at all, and together we've come up a few takeaways from it that we are going to try. Again, it is a complicated condition with a variety of causes and potential avenues for relief so there is no universal treatment. Of course there ultimately is no cure either, but that doesn't mean you have to just "come to terms with it," which is what my brother in law was told by his physician. (He's been a guitarist for over 20 years so perhaps we can guess the cause!) I got a better understanding of the condition as well. As others have said, some of the material here is on the web (but what isn't). I found it nice to have a lot of the key information bundled together in this nice package.

Gave me insight into causes and some natural methods to lessen if not eliminate tinnitus. Very helpful book. I would recommend it to anyone Whois open to alternative treatments. It is not a one pill fits all disease.

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