

Tinnitus Miracle

**Proven Holistic System For
Quieting The Noise In Your Head**



**A Unique Easy To Follow 5-Step
Plan To Curing Tinnitus Using
Proven Holistic Strategies**



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By Thomas Coleman

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THE STORY OF TINNITUS

If you or someone you know suffers from Tinnitus, you will know the havoc it can cause and how it can wreak your life. Beyond just a *ringing in the ears*, Tinnitus causes severe non-stop noise in the head. Some people have actually gone mad and even committed suicide while trying to stop these “thoughts.”

If you’re reading this book, then you know all about the decibel damage Tinnitus can cause to your physical and emotional well being. No one can truly understand the distress and frustration you are feeling unless they’ve lived with this painful noise themselves. But I can! You see, I’ve experienced exactly what you are experiencing right now – the unrelenting buzz, ring and banging in my head that made me question my own sanity. I too **was** a Tinnitus sufferer, with the important word here being **was**.

MY STORY

I was 29 years old and experiencing life at its fullest. My days were hectic. I was handling responsibilities at work, and coming back home to face homework with the kids; running them from activity to activity; finding quality time for my spouse and all the other stuff modern families have to deal with. The stress was mounting, but still I was in control. Unfortunately, that was about to change.

One evening after work I headed to a local restaurant with some friends for some much needed R&R. After spending three hours in the noisy restaurant, sitting next to the piano player, my head ached as the dins of the evening continued to ring in my head for hours.

The next morning I was surprised to notice that a slight ringing was still left in my ears. Not thinking much of it, I headed off for another busy day at the office. Little did I know that my life was about to take an unexpected turn.

Within a few days, that slight ringing became a noticeable buzz, and it was followed periodically by loud bangs. Before long, the noise that started as a nuisance was beginning to grind on my nerves. My head felt like it was going to explode. No matter what I tried, I could not get away

from that ear piercing noise -- day or night it was there, and it was beginning to take its toll.

A trip to my general practitioner did no good. He thought maybe it was just a migraine induced by stress. I tried relaxing more, and that helped (a little), but still I couldn't get rid of that constant buzz in my ears.

Several weeks and several visits later, the doctor began to suspect that something was indeed wrong, and initiated a series of tests to rule out anything serious. After undergoing what seemed like endless round of tests, we finally had a diagnosis: Tinnitus.

"Whew" I thought. "Now we can fix it." It wasn't long before my relief turned into panic as the doctor explained that there is no cure, or even much treatment for this condition. I would simply have to learn to live with it like the thousands of other sufferers who are walking the planet.

"Live with this constant pounding in my head!" I thought. "How in the world am I going to do that?"

After a couple of months, I went to see a doctor (who was also a psychiatrist), and described the unbearable situation I was in. He

recommended several prescription medications, anti-anxiety drugs, muscle relaxers and a set of anti-depressants.

Needless to say, it didn't help at all.

I travelled from one doctor's office to another looking for some relief – any relief! The noise was growing worse – some days reaching 70 or even 80 decibels – and I needed help!

My life was no longer my own. I couldn't work (the loud noise in my ears was making it impossible to deal with my many responsibilities at the office); I was short tempered with my family (after all, they didn't realize that every little noise they made aggravated an already precarious situation); my health was suffering (I couldn't eat or sleep normally); and I was becoming more and more depressed. I was reaching my breaking point and I knew it. Something had to be done and it had to be done quickly, or I was going to lose my mind. It was time to take action!

I took a few weeks off from my work. I switched several doctors and complained about the stabbing pulsing sounds and other symptoms I was experiencing. But it seemed that surgery was the only option – this was the only answer I got. Unbelievable I thought, only to later find out

that in the vast majority of cases, surgeries are completely unnecessary and can often lead to irreversible results.

Deep down, I felt that there must be another option, a healthier alternative.

I stopped taking the prescription medications and muscle relaxers. I was determined to find a natural solution to my problem, despite what my doctors had recommended.

I became obsessed with the subjects of holistic health and nutrition. I wanted to find out everything there was to know about how to cure Tinnitus and prevent it permanently – I was absolutely consumed by this quest. So I started studying - and hard! I bought every book on ear infections, nerve damage, sinus issues, sound therapies, oriental medicine, detoxing, dieting, and nutrition that I could get my hands on.

I spent hours at the library swallowing stacks of books, journals and magazines about Tinnitus, hearing loss, and nutrition and I read every word. I have literally read hundreds of medicine books from cover to cover. My library quickly grew to over 537 health and nutrition books, and I had read every word almost to the point of memorizing them.

But I didn't just read. I interviewed countless other Tinnitus sufferers and endlessly picked the brains of every doctor, herbalist, homeopath and naturopath... those who were kind enough to lend me a few minutes of their time and fragments of their expertise and knowledge to help me find a solid solution to my Tinnitus.

Book knowledge and interviews is one thing, but it's not the same as knowledge from actual experience. Scientific facts, figures and theories weren't enough.

I tried other types of prescription drugs (anti-anxieties and anti-depressants) and took muscle relaxers, vitamins and oriental medicinal herbs daily with high hopes for a change. I bought numerous "white noise" CDs and attended plenty of noise therapies, but to no avail.

I have also tried every Tinnitus treatment known to science and natural health with conviction, desire and hope that it will make a difference. I sincerely hoped that it will finally eliminate my Tinnitus and bring me my life back.

Over the years I have spent a small fortune trying every type of product and treatment you can think of. I have tried: herbal remedies, Cellfood Oxygen, tonics, habituation, detox diets, vitamin therapy, hydrotherapy, aromatherapy, macrobiotics, reflexology, Chinese Medicine, vegetarianism, the Wai diet, magnetic therapy, the mucus-less diet, the blood type diet, psychiatric treatments and what not.

While I did find some minor relief, it was always temporary and the ringing in my ears came back with a vengeance, and sometimes it became even worse than what it was before the treatments. I just could not sleep. I was stressed, angry and depressed all the time. The extreme sleep-deprivation along with the immense anxiety and stress I was experiencing, took its toll and I even started to hallucinate. I started to see blinding lights in the middle of the day as I was walking or driving, and there were many other weird experiences as a result of the extreme emotional state I was in. My condition had become much more dangerous and frightening than ever, when I almost crashed into a street sign on the way to my doctor.

Tinnitus was now a lot more than a tormenting noise in my ears. It had become a real and meaningful threat to my life.

Facing no other choice due to the extreme condition I was in, and its potential consequences, I scheduled a surgery to fix my Tinnitus with high hopes that this was the final resort. I wasn't specifically thrilled by

the idea, but after my doctor mentioned the success rate of all Tinnitus surgeries and praised their effectiveness at reversing the disease, I decided to go under the knife.

The surgery took about 4 hours, and after I woke up, I felt an amazing relief. Several days after I was released from the hospital, the operation seemed to be working. The volume of the ringing in my ears had decreased and it seemed that there was finally hope for me. I started sleeping better at nights and became the old relaxed fellow my loved ones had known to appreciate and relate to.

But my hopes soon crashed. In less than a month, I started feeling an excruciating pain and pressure in my ears and the ringing in my ears were back - but this time the noise was louder than ever. I seriously felt like my eardrums were about to explode. What a NIGHTMARE I thought! My worst fears had come true. I immediately called my doctor and shouted that my Tinnitus was back and it was even worse. I already knew what he was going to say: that it takes several months to see results and sometimes the condition becomes severe before the patient experiences relief (as I read about the recovery process of Tinnitus surgeries years before) - but this was not a recovery process! I tried with all my powers to convince my doctor that such a loud noise cannot be part of any recovery and that, the surgery had probably failed. But all my arguments fell on deaf ears.

Three months went by slowly and painfully and by the fourth month, as my Tinnitus condition became worse than ever, I visited my doctor. He apologized in a very formal and polite manner and said he was sorry that the operation did not work, and that he could not help me.

Out of sheer desperation, I purchased additional alternative medicine books on Tinnitus and was amazed to find out that most, if not all of them, offered partial dietary advice along with vitamins and special herbal supplements. These approaches don't work either! I know because I tried them all, and I still suffered from severe Tinnitus.

Not the kind of person who readily gives up, I decided enough was enough. If the dozen or so doctors that I had seen couldn't offer any help, I would find it on my own. Maybe it was frustration, or maybe it was a sense of self preservation that drove me forward on my quest to treat my own Tinnitus, but I was determined to find a cure for myself and the others like me – and guess what -- I did!

Sure, it took months of reading, studying and experimenting, but I finally found the right combination of treatments that have since eliminated the noise I hear in my ears. I've reclaimed my life and you can too!

After more than 12 years of diligent work and in depth research on a daily basis, after experiencing several eureka moments and after a long process of trial and error and dozens of interviews and self experiments, I applied my years of training to finally uncover the solution to Tinnitus. From all the truths and evidence, misconceptions and lies... the Tinnitus puzzle was finally solved. It took me more than a year to polish and refine my discovery and in the end, I applied it myself with great hopes and passion and to my sheer amazement it worked - after few weeks of following it.

It took me a few years with a lot of research to get where I am today. To know exactly what works and what doesn't. Yes, after desperate trial and error, countless rounds of useless treatments, disappointments and agony, a simple holistic system opened the door to my new and much brighter Tinnitus free life. I was also excited to see that my Tinnitus and other related symptoms (such as the minor hearing loss I had) had completely diminished. After years of suffering, I was finally free from Tinnitus!

Now, I'm no medical doctor and I can't promise you that you will find instant relief from your Tinnitus symptoms. But, I do know that there is help out there. Through the years that have followed since my own battle with this horrendous condition, I have uncovered dozens of homeopathic remedies for treating and curing Tinnitus, and I'm going to share them all with you in the pages to come.

WHAT THIS BOOK IS ABOUT

This is not your standard book on Tinnitus. My guide goes beyond explaining what Tinnitus is (although I do that too). I've designed this book to be a road map to recovery, walking you through every stage of the disease from diagnosis and testing to traditional as well as holistic treatment, to help you find your own path toward the freedom from the noise that is disrupting – and ruining – your life.

I've been where you are, and that's why I've written this book: to share what I've learned with other sufferers to help you overcome your own Tinnitus, and finally find relief from the constant buzzing, hissing, humming, swooshing, screeching, ringing and other sounds that are filling your head and disrupting your life.

HOW THIS BOOK IS ORGANIZED

I've organized this book in several sections, beginning with an introduction of the ear and how your hearing works. After all, if you don't completely understand how your body is intended to function, how can you figure out how best to treat it when things go awry?

Next, I'll explain to you what Tinnitus is, and what may be causing your symptoms. I'll also offer some simple lifestyle changes that you can adopt in your daily routine to help relieve some of the noise you are hearing until you can find your own complete cure.

In section three, the guide will focus on the statistics of Tinnitus, and offer you a survey to take, to see the degree of your symptoms so that you can devise a better treatment plan.

Once you know what Tinnitus is; how it is caused and what type of Tinnitus you suffer from, it's time to look at some basic treatment options that are available. This will help you get started on your recovery journey, while you learn more about diagnosis, triggers and more.

Some of the traditional and holistic treatments discussed in this section include:

- acupuncture
- vitamin & mineral therapies
- herbs
- laser treatments
- Tinnitus retraining
- ECT
- Maskers
- Drugs & Steroids
- Neuronomics
- DTM System
- Ear Candling
- Hydergine
- Hypnotherapy and Biofeedback

Of course, you can't figure out the right treatment for Tinnitus until you have a solid diagnosis. So that's what we'll discuss in the next chapter: recognizing your symptoms; getting tested for Tinnitus; learning the

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