RINGING IN THE EARS

Causes

This is the tricky part. So many don't find out what the cause was, and therefore never actually find a 'cure'.

- **Many people have had accidents years ago, completely forgotten about them,, but then years later, they start having difficulty with their ears, hearing ringing, hissing, etc. Those people will benefit from having massage, chiropractic, bowen, craniosacral therapy will be of benefit.**

- **Many did damage due to loud noises eg loud rock music, sitting in loud farm equipment for long periods of time. Those people may or may not regenerate the damaged tissue, but they can try by using Omega 6 oil by mouth, N-acetyl-cysteine, other antioxidants, Manganese, Q10, Vit. B3(niacin) and Gingko biloba to help with circulation.**

- **Meniere's Disease provides symptoms if inner ear disturbance: loss of hearing, dizzy, nausea, vomiting, poor balance. Experts tell us the cause is unknown but they believe it is resulting from carbohydrate metabolism eg. Hypoglycemia, along with impaired blood flow to the brain because arteries are clogged. Stress, exposure to loud noises, eating too much salt can make the situation worse. As above, try using Omega 6 oil by mouth, N-acetyl-cysteine, other antioxidants, Manganese, Q10, Vit. B3(niacin) and Gingko biloba to help with circulation. See information under "Hypoglycemia" for other things you can done. Avoid eating salt, fried foods, sugar in any form, and anything containing caffeine. High protein, low refined carbs is a diet that may help. Also avoid misusing alcohol, avoid smoking and if your cholesterol is high, do long term liver cleansing and support.**

- **Visit your Chiropractor and see if they ear and neck area needs an adjustment. Perhaps there is impeded flow of blood and energy to the ear/hearing.**

- **Arrange with your medical doctor for an MRI or Ultrasound to be done of the ear(s) area to see if there is anything destructive going on.**

- **Doing the bowling ball syndrome to balance the sphenoid boneMs behind the eyes may help correct some disorder. See Bio Modulator information from Dr. Tennant.**

- **Having an craniosacral therapy session may give some relief which works on the head and neck bones to bring everything back into balance by adjusting the craniosacral fluids that run through the body.**

- **There are some homeopathic formulas on the market. Try them and see what happens. If it isn't the right formula, they won't have any negative effect.**