

Tinnitus and BEMERtherapy

Tinnitus is a condition where the sufferer experiences noises in the inner ear. Tinnitus is not simple. Everybody's tinnitus noise is individual to them, although of course there are several major types e.g. ringing, buzzing, whistling, roaring, humming etc. Its causes are many (though excessive noise and some medications are the major PREVENTABLE causes). The range of tinnitus is very wide from mild to severe. It is usual for tinnitus to fluctuate with stress or tiredness and this has no sinister significance.

In all cases, the sufferer should see their doctor and have hearing checked by an audiologist (hearing scientist). Some audiologists run specialist tinnitus clinics to help you manage your tinnitus. Some people may require a referral to an ENT specialist, as **there may be a TREATABLE medical cause.**

Many case history's and testimonials testify to the benefits of using **BEMERtherapy** for Tinnitus relief. Tinnitus may often be a circulatory problem in the middle ear. The use of the **Base Program (2 x daily) and P4 (once daily) with the Intensive applicator behind the ear** has proven very successful in both reducing the symptoms and in some cases removing the condition all together. Therapy should be used long term, at least 8-12 weeks. Sleep patterns improve with BEMERtherapy, and this also serves to reduce the stress on the sufferer. The latest results from our Physicians user study in Europe indicates that of 33 patients, 8 were complaint free, 17 improved, and 8 unchanged after a therapy period of 6 weeks.

Why BEMERtherapy works

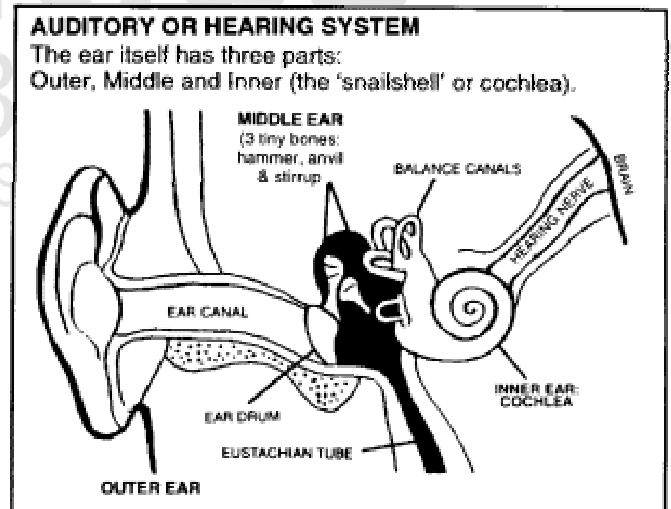
The positive results of BEMERtherapy are precisely measurable. Improved blood circulation, especially micro-circulation to the ear is a major consideration. Increased oxygen saturation and a steady increase in the oxygen partial pressure, as well as improved blood viscosity counteract damage to the blood vessel walls and stimulate self-healing at a cellular level. Long-term treatment is recommended in order to prevent a relapse and to improve the overall physical condition.

What Causes Tinnitus?

Almost everything that can go wrong with our ears can produce tinnitus as a symptom! It may be as simple as wax against the eardrum, or as serious as a tumour on the hearing nerve. Otosclerosis (fixation of the tiny stirrup bone in the middle ear) can produce tinnitus; so can Meniere's disease. A major cause of tinnitus is EXPOSURE TO EXCESSIVE NOISE, e.g. chain saws, machinery, and rock concerts. **Noise destroys!**

Tinnitus is real, **not imagined**, it is a symptom of a malfunction, usually somewhere in the hearing system (ear and brain). The inner ear, or **cochlear**, is involved for many people. Worldwide research continues but the actual mechanisms, or processes of tinnitus are not yet fully understood. See diagram

About 18% of Australians have tinnitus at some time of their lives and approximately 50 million Americans have tinnitus in some form. Self-help groups operate in Australia and may be found on our '[links](#)' page. Severe tinnitus is recognised as a major affliction, but most people have tinnitus to a milder degree. Given time, commitment and up-to-date professional help, tinnitus can reduce for many people.



What Can Make Tinnitus Worse?

1. **Loud noise!** - Exposure to sudden or long-term noise can damage your hearing with resultant deafness and tinnitus. High-risk groups include industrial workers, farmers, transport workers - and don't forget that noisy lawn mower! Reduce the noise source or protect your ears with earplugs, or earmuffs. Leisure noise can also be a hazard, e.g. rock concerts, boom boxes in cars and misuse of a Walkman - never play them loudly.
2. **Stress and Fatigue** - They make tinnitus worse! Keeping busy - trying to focus your energies OUTWARD AND AWAY from the tinnitus - is an excellent idea, but stress and fatigue only undermine you. Minimise them by rethinking your lifestyle. Relaxation therapy can help greatly if learnt and practised daily. Sports, hobbies, reflexology or massage may further assist this process. **Level 1 before bed will ensure a good nights sleep.**
3. **Medications** - It is essential to tell your family doctor about your tinnitus; some common medications cause tinnitus as a side effect or make your existing tinnitus worse. Take special care with medications for arthritis, rheumatic diseases as some antibiotics, anti-depressants and aspirin may affect your condition - ask your doctor about alternatives.
4. **Try easing off** caffeine (tea, coffee, coca-cola, chocolate), and alcohol as they can temporarily worsen tinnitus for some people. Avoid quinine - as in tonic water. Nicotine and marijuana too. **Smoking narrows the blood vessels that supply vital oxygen to your ears and their sensory cells. Quit smoking!**

Does Tinnitus Mean That You Are Going Deaf?

Tinnitus is a symptom of a fault in the hearing system, so usually it is associated with a hearing loss. Sometimes tinnitus is present with normal hearing and for no discernible reason. **TREAT TINNITUS AS A WARNING SIGNAL - PROTECT AGAINST EXCESSIVE NOISE AND SEE YOUR DOCTOR.**

Hearing Aids

Good quality and properly fitted hearing aids reduce and even eliminate most tinnitus associated with hearing losses. Hearing aids take away the strain of listening and distract from the tinnitus by bringing you more environmental sounds from the outside world.

Therapeutic Noise Generator

Device which looks like a hearing aid and recommended for people with no hearing loss. It produces a blend of external sounds that stimulate most fibres of the hearing nerve helping to deviate attention away from the tinnitus.

Tinnitus Retraining Therapy (TRT)

Aims to reduce and ultimately eliminate tinnitus perception. It combines auditory therapy - hearing aids and/or therapeutic noise generators - to provide the brain with maximum environmental sounds to reduce tinnitus perception. Directive counselling helps to change negative beliefs, distract from tinnitus and reduce stress.

Cognitive Behaviour Therapy (CBT)

Effective in alleviating distress and producing adaptation to tinnitus. CBT is threefold: changing the way a person perceives tinnitus; teaching ways to focus attention away from tinnitus and achieving control over stress. Offered by clinical psychologists.

Is There An Operation For Tinnitus?

For the vast majority of people there is no specific operation for tinnitus. However, following successful surgical treatment for some ear problems, an existing tinnitus may sometimes disappear, e.g. otosclerosis, Meniere's disease, middle ear infection.

Meniere's Disease

Is a common condition in which most patients suffer from tinnitus and deafness in one ear and periodic attacks of dizziness. One of these symptoms may be the predominant one and so some patients mainly complain of tinnitus in the affected ear. Some patients have tinnitus in both ears. Accurate diagnosis/treatment of Meniere's disease may result in significantly less tinnitus.

Is There Any Medications For Tinnitus?

That depends on the cause of the tinnitus; consult your specialist. Vitamin B12 may be helpful. Herbal remedies, if taken under medical supervision, may be of some use.

Check With Your Dentist

About 5% of tinnitus is caused by a jaw joint (TMJ*) problem that is treatable. This type of tinnitus occurs because jaw muscles and a muscle in the middle ear are closely connected. When jaw muscles spasm the ear muscles react by pulling the eardrum too tight, and this situation can result in tinnitus. **Placing the Intensive Applicator (P4) on the jaw below the ear will bring relief from muscle spasm.**

*Temporal-mandibular joint dysfunction or TMJ for short.

If tinnitus is troubling you TAKE ACTION NOW.

TESTIMONIALS

"Over the past ten years a number of injuries to my left ear has left me with considerable scarring on the eardrum and some hearing loss.

When in June I did terrible damage to my RIGHT eardrum (due to a fall down a flight of stairs) and faced the prospect of having to have a new eardrum grafted due to the extent of the damage, I was suffering with Tinnitus and extensive loss of hearing in my right ear, naturally I was devastated.

However, after using the Bemer 3000 (at a friends insistence) for 3 months - here is the prognosis:

Not only has the eardrum COMPLETELY healed (to the doctors surprise), but it has left absolutely NO scarring, so one cannot even tell where the damage was.....

Needless to say, I am absolutely thrilled with the result, thank you, thank you, thank you!

Any time you need a testimonial to sing the praises of this amazing machine - give me a call, I would be delighted to provide one!

LINDI FAY, Whale Beach, Sydney