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A Tinnitus Handbook A Self Help Guide

By Paul Tobey

Do you need a self help recovery plan that will help your tinnitus to heal? As a tinnitus sufferer, I have authored a self help guide to recovery based on my own recovery. You will not find scientific evidence behind my findings because I am not a doctor and do not hold any kind of medical or scientific degree. My findings are based on my own experience after seven years of managing my own chronic Tinnitus.

While some people experience tinnitus with little to no discomfort, others experience tinnitus as an extremely painful invasive sound that affects their physical being as well as their emotional and spiritual lives. The tinnitus can cause lack of sleep, emotional distress, depression, lack of ability to concentrate, fear, anger, and other behavioural changes that will severely affect day to day life.

Like most of you who have tinnitus, I have in the past consulted doctors, shaman, healers, acupuncturists and even Shiatsu and Reiki masters. I've tried natural medicines, tinnitus maskers, hypnosis, tinnitus retraining therapy, ginko, and so on. After seeing very little results from these efforts and after doing hundreds of hours of research on the internet I finally came to the conclusion there was only one thing I could do. I decided to get pro active and take ownership of my own healing. Through a long and sometimes painful process I developed the following 4-step plan which had a dramatic effect on my tinnitus and my well-being.

Step 1 – Physical Healing

I went back to the gym and committed to an exercise plan. At the same time, I closely monitored my eating habits and I discovered through trial and error the foods to avoid and the foods that actually helped my tinnitus. I started drinking much larger amounts of water to eliminate as much of the bad toxins in my body as I could. I eliminated all alcohol, wheat products, salts, citrus fruits and milk products which drastically affected my tinnitus volume even as little as ten minutes after consumption. * Please consult your medical professional before making any changes to your diet.

Step 2 – Emotional Healing

I made a conscious choice to heal those parts of myself that felt victimized and harboured resentment, fear and anger. I began this process by reading self–help books, downloading online seminars, and learning from home. I eventually cured my depression by focusing on and learning everything I could about myself. I attended both personal and professional development seminars to help me through this self–evaluation process. It was the best thing I could have ever done because not only did it help my tinnitus but it made every other aspect of my life better.

Step 3 – Spiritual Healing

Before contracting tinnitus I didn't really understand the connection between mind, body and soul. And, after exploring the relationship between them I discovered a close connection between spirituality and healing. Our belief systems control our reality. Change your beliefs and your reality will change around them. I have learned a greater understanding of my human experience with tinnitus. I feel that tinnitus was a real gift that pushed me down a quicker path to discovering the true meaning of existence.

Step 4 – Mental Healing

This is the logical mind. This is the little voice in your head that tells you what you can or cannot do. Through social conditioning, your mind dictates to you what your perceived limitations are. i.e. "I can't cure my tinnitus because there is no cure for tinnitus." Well, the fact is; many people have been cured from tinnitus. So, the fact that there is no proven cure does not mean that you cannot be cured. It's just true in your own mind. Breaking down your preconditioned mental barriers can cause drastic positive changes not only in your tinnitus but in every aspect of your life.

Once you begin to understand and work at each of these four aspects of your life you will begin to see tremendous positive changes in your tinnitus and in your entire well–being.

Author of Tinnitus Free Living a

Tinnitus Self Help Guide Handbook

, Paul Tobey has written many

articles and performed many seminars for Tinnitus patients.

Reduce the Volume of Your Ringing in the Ears by Reducing Your Stress

By Paul Tobey

Nearly a third of the population suffers from Tinnitus; ringing in the ears. And, of that third about 25% percent have it seriously enough to seek medical attention. So, for the millions of tinnitus patients; the ones who are suffering on a daily basis, the focus of this article is on you. I'll be sharing with you an amazing secret which will control your tinnitus volume like nothing else out there. The catch is; it may

just be the hardest thing you've ever had to learn.

It's hard because most people do not understand even what it is that's making your ringing louder; let alone how to deal with it. You hear it talked about all the time. Many people know the symptoms of it but, the vast majority of people have no idea how to deal with it. And, believe me, it's your worst enemy as a tinnitus patient. What is it? What's this dreaded monster?

STRESS!

I can feel you getting stressed out just by reading it. But, by far the #1 way to reduce your tinnitus volume is; "Get rid of your stress."

REDUCING STRESS = REDUCING VOLUME

Why is this so hard to do? Well for starters, most people have no concept of what stress is. Most people think it's the symptoms ie: anxiety, anxiousness, being up-tight, feeling anger, resentment etc. The truth is the symptoms are not stress. And therefore, once you learn the real definition of stress, only then can you learn to rid yourself of it. So, here's the definition of stress...

Stress is; "The amount of energy you put into resisting your situation."

It's not the situation that's causing you stress, it's the energy you put into resisting the situation. So, how do you not resist it? Well, there's really only 2 non-resistant choices you can make in any stressful situation and that is to either; a) accept it or b) remove yourself from the situation. Do you know how many people misunderstand this concept? Staying and fighting only makes the stress worse because you're acting out of fear and your ego wants to win. You cannot win, especially at the expense of others.

So, let's talk about tinnitus and stress. Tinnitus actually causes stress because of the constant ringing in your ears. The worse part about this is; when you're stressed out your tinnitus volume goes up and you get more stressed right? That's why tinnitus is such a hard thing because you're constantly caught in a vicious loop of stress and constant ringing. That's no way to live, is it?

How do you reduce the stress? Stop hating tinnitus. That's a very hard concept for your to accept but the fact is hating tinnitus causes more stress because you're resisting it. Don't! Tinnitus is your friend. It's here to tell you something about your life that you don't already like. It's here to tell you that you need to be taking better care of yourself. You need to be doing what you want to do instead of what others expect of you.

Acceptance of tinnitus is the key to healing. When you accept your tinnitus you will reduce the stress

and anxiety that it causes and therefore you will reduce your volume. Remember, reducing stress = reducing volume. Guaranteed!

Knowing the definition of stress will help you a lot and knowing that you need to accept tinnitus will help

but, it won't give you the weapons you need to win the battle. I can't teach you that in one email. That's a journey you'll need to take over a period of time. But, there's no better time than the "now" to start anything. When it's 2 weeks from now it will be NOW! So, it will always be now and therefore you can only start, NOW! Are you confused now?

What I'm really trying to say is this; I know you can get a handle on this thing if you just make a clear conscious choice to learning everything you can about acceptance. If you don't try, you'll still be completely stressed out and going crazy with Tinnitus many years from now. You don't really want that now... do you?

The author Paul Tobey has developed a free eReport "The Six Top Ways to Reduce the Ringing." It will change the way you feel about Tinnitus forever. Check it out...

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<http://www.paultobey.com/tinnitus/6-top-ways-ereport.html>

The author Paul Tobey has developed a "How-To" information kit called "A Practical Guide to Tinnitus Free Living." It comes with a beautifully edited eBook, an accompanying audio recording and an audio meditation specifically designed for Tinnitus Patients. A must have for all Tinnitus Sufferers! Check it out...

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