



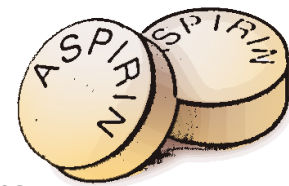
# The Ultimate Ear Health Toolkit:

Your Comprehensive Guide to Restoring and  
Protecting Your Hearing Naturally...

**According to the National Library of Medicine, Tinnitus is the medical term for “hearing” noises in your ears when there is no outside source of the sounds. The noises you hear can be soft or loud. They may sound like ringing, blowing, roaring, buzzing, hissing, humming, whistling, or sizzling.**

The condition can be caused by a variety of things, but mostly commonly by inner ear cell damage. There a variety of other, less likely causes, including age-related hearing loss, earwax blockage, and otosclerosis, which is a hardening of the bones in the inner ear. If you have Tinnitus, you’ve probably already been made aware of the fact that certain medications can make the condition worse. Among these are:

- Aspirin (note that this also includes Ibuprofen, Advil, Motrin, and Aleve)
- Some blood pressure medications
- Certain antidepressants
- Some beta blockers and heart medications
- Some cancer medications



In most of these cases, if you are currently taking a medication that is making the condition worse, your doctor can probably prescribe an alternate medication that will accomplish the same goal without the side effects.

The medications that can cause or worsen Tinnitus are fairly well known. What’s not as well known, however, is that certain things you eat or drink may also be making the problem worse.

**Below are some of the things you should avoid if you have this condition:**

## *Fast Food*

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Let's just go ahead and get the worst of the worst out of the way first. If you're suffering from Tinnitus, then the first, best thing you can do for your condition is to limit, or outright eliminate your intake of fast food.

Fast foods invariably contain high concentrations of both **sodium** and **fat**, and these invariably make the condition worse.

The reason **salt** is so bad for your condition is that it increases your blood pressure and restricts your blood vessels. This reduces blood flow into the eyes, ears, and brain. Increased blood pressure is directly linked to increased Tinnitus.

**Saturated fats**, which are the sort normally found in abundance in fast food are bad for your body for a variety of reasons anyway, and are not recommended for people suffering from diabetes (type one or two) or heart disease.



In particular, saturated fats increase your "bad" **cholesterol (LDL)**, decrease your "good" **cholesterol (HDL)**, and can significantly impede blood flow. As with salt above, this leads directly to a worsening of your condition.

All that to say that many people have found a significant improvement in their Tinnitus simply by cutting out fast food, or drastically reducing their intake.

Of course, the same goes for any other high salt, high saturated fat foods, which unfortunately includes most **processed and/or pre-packaged food**.

The general rule of thumb here is, if it comes in a box, it's probably not good for you, and it's probably going to make your condition worse.

## Processed Meats

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This is a fairly broad category that includes most **lunch meats, salami, sausages, and hotdogs**. Not only are these filled with saturated fats, but they are also high in both **salicylates** and **MSG**, which are two things proven to worsen Tinnitus. Avoid these whenever possible.



## Pickles

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Believe it or not, not only can pickles make your condition worse, but this actually applies to **anything that is pickled** (pickled beets, pickled eggs, and so forth). Again, this is due to the fact that pickled foods contain high concentrations of **salicylates**, which has a proven connection with Tinnitus, and invariably makes the condition worse.



## Chinese Food

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Sadly, if you suffer from Tinnitus, you're also going to need to cut back on, or outright eliminate your consumption of Chinese food. It's not the food itself that's bad for you, but rather, the **high concentrations of MSG**. MSG is a form of **sodium**, and like sodium, it has direct links to worsening the condition. You'll need to check food labels carefully and avoid MSG consumption whenever possible.



## Sugar Substitutes

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Sugar isn't all that good for you or your Tinnitus, but it is unlikely to make the problem worse. **Sugar substitutes**, however, especially those that contain **Aspartame** and **Glutamate** can both worsen your condition in exactly the same way that MSG does.



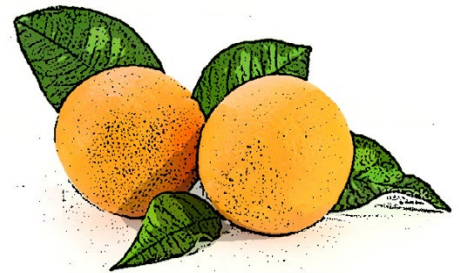
**WebMD** recommends cutting back, or outright eliminating your consumption of drinks containing **caffeine**, and your consumption of **alcohol**, as both can cause your Tinnitus to worsen.

They also recommend quitting **smoking** if you do smoke, because like foods with high sodium content, smoking restricts your blood vessels and **reduces blood flow**, which includes blood flow to your ears, so for the same reasons you want to watch the sodium intake, you should also cut out the smoking.

## Foods That Can Actually Make It Better

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Having talked at length about the vast array of foods to avoid, you might be wondering what you actually can eat, and I'm happy to say that there are some foods that have been demonstrated to make the condition better.



In general, any food that is as close as possible to its **natural state** when eaten, offer you at least some improvement. This includes **fresh fruits** and **vegetables**, **whole grains**, and most **nuts** (note here, you want to **avoid dried fruit** which can actually also make the condition worse).

**Lean meats and fish** are also good choices, with fish being an especially good choice because it is high in **Omega-3's**. Additionally, pasta is an excellent food choice that has been shown to reduce the severity of the condition.