

Schüssler Express

#134



TINNITUS

HELP AGAINST RINGING IN THE EAR

It whistles, hums or shrills – each tinnitus patient perceives their ear noise differently. Some feel only mildly disturbed, others are desperate. However, with the right treatment, chances are good in getting rid of tinnitus or at least reducing it to a bearable level.

One in four has experienced ear noises that only they can hear. Usually, these sounds are harmless and disappear on their own. For some people the ringing, whistling, roaring or humming lasts longer – weeks, months or even a lifetime. In such cases doctors refer to this as tinnitus. The nature of sound can vary greatly – most people hear a high-pitched whistling, others a dull humming, while others describe it as a metallic fanfare sound. The noise can occur in one or both ears. Some only notice it in a very quiet environment, while others even perceive it above the sound of a jackhammer.

Depending on how severe subjectively perceived distress is, doctors differentiate between levels of severity. In about three-quarters of cases it is a so-called 'compensated tinnitus' which impairs those affected not at all or only from time to time. In around 1.5 million people in Germany, tinnitus is diagnosed as 'decompensated'. People affected feel severely hindered in their daily lives, cannot sleep or concentrate, and handle stress increasingly worse. This can cause depression, anxiety disorders, or even suicidal thoughts.

Causes

Tinnitus is not a disease but rather a symptom which indicates that the auditory processing is disturbed. This can have many different causes. Most often, tinnitus arises from noise damage to the inner ear, such as a blast trauma, working with noisy machines, or too much loud music. However, it can also occur as a side-effect of another illness. About two-thirds of all patients develop tinnitus after experiencing sudden deafness. And difficulty hearing can also lead to tinnitus. Other possible causes include triggers such as earwax or ventilation blockage, ear infections, or even benign tumours of the auditory nerve (acoustic neuroma), as well as Ménière's disease, which involves recurring tinnitus with reduced hearing and rotary vertigo attacks.

Sometimes the cause is not even in the auditory system. Active agents in medications can also cause ear noises, as can a damaged cervical spine, or intense teeth grinding. Finally, the psyche plays a major role – constant stress and stressful life situations, anxiety and depression can also cause tinnitus.

The Acute Phase

In the first three months after the onset, doctors refer to tinnitus as acute. During this time the chances of healing are greatest, whether it goes away on its own or with treatment. It is even more important to see an ENT doctor immediately if noise lasts longer than 24 hours. The doctor will examine the ear and hearing to isolate the possible causes, because this determines the type

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of therapy. If there is an acute primary illness such as a middle ear infection for instance, the treatment will focus on this. Usually, the accompanying tinnitus also disappears. If sudden deafness or a noise trauma are the trigger, a high-dose cortisone therapy is used in most cases, either in form of tablets or infusion. This is also standard therapy when the doctor – as in almost half of all cases – cannot find a specific cause.

Preventing the Vicious Cycle

A specialized tinnitus consultation is recommended to prevent sufferers from falling into a vicious cycle. Although tinnitus itself is not dangerous for the ear, it can take on a life of its own and affect the audio processing permanently. This is because our brain interprets the constant sound as an alarm signal. With added insecurity and anxieties this creates even more stress – with the result that our brain draws even more attention to the perceived threat, making the sound seem stronger. Substantiated information and discussions help to reduce fears and remain calmer. This makes it easier to tolerate the tinnitus and to learn to ignore it so that the vicious cycle doesn't get started in the first place.

For that reason, tinnitus sufferers should avoid stress and learn to actively relax. Courses teach techniques such as autogenic training, meditation, or yoga. Other patients benefit from exercising to reduce stress – here, endurance sports are particularly useful, which releases happiness hormones in the body and thus counteracts anxieties and qualms.

The Chronic Tinnitus

Tinnitus is classified as chronic when lasting more than three months. The focus of the therapy here is no longer healing – although the noises could still disappear

spontaneously, but rather the tinnitus-coping. Treatments such as Tinnitus-Retraining-Therapy (TRT) or Neurologic Psychosomatic Therapy (NPT) are used here, assisting patients in rating tinnitus as unimportant and to filter it out of their perception – they virtually no longer listen to it. At first glance, this concept appears to be odd, however, can be compared with the fact that after a while we no longer consciously perceive unimportant environmental sounds such as the fan of our computer, or the humming sound of the air conditioner. One-third of patients master chronic tinnitus so well that it completely disappears, whereas most of the others at least experience a significant improvement.

Both TRT and NPT use a combination of various therapy elements – specialized counselling and training convey important knowledge and alleviate unfounded fears. Behavioral therapies change the patient's thought- and action patterns and thus influence the tinnitus perception. A hearing aid can assist hearing impaired patients. People with normal hearing often benefit from a white noise appliance which generates a broad noise floor and masks tinnitus so that it seems less noticeable.

Alternative Therapies

Numerous alternative therapies are available to tinnitus sufferers – for instance acupuncture, homoeopathy, biochemistry, ginkgo leaf extract, or low-level laser therapy, where the ear is treated with radiotherapy using an inefficient laser. Although the effectiveness of these therapies is not proven, many patients report positive results. Even if is just a placebo effect, if it helps the patient, it is welcome.

Iris Brendt

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SCHUESSLER-SALTS AND TINNITUS

Occurring tinnitus due to:

- **General:**
No.3 Ferrum phosphate 12X and No.7 Magnesium phosphate 6X
- **Hardening and narrowing of arterial walls:**
No.1 Calcium fluoride 12X and No.11 Silica 12X
- **Tension in neck and jaw muscles:**
No.2 Calcium phosphate 6X

- **With deafness, impaired hearing; due to hardened earwax**
No.1 Calcium fluoride 12X and No.11 Silica 12X (ear irrigation)
- **With general irritability; due to emotional tension, stress**
No. 7 Magnesium phosphate 6X or No. 13 Kalium arsenicosum 6X

Institute of Biochemic Medicine (Asia-Pacific)

The Pancreas

Pancreatic Acini – and those all-important digestive Enzymes

Your pancreas is “racemose” – meaning, it looks like a bunch of grapes on a stalk. The organ’s cells which produce enzymes are arranged in clusters (the grapes). They surround ducts that drain the enzymes into the gut. The ducts look like stalks holding the grapes together. The Pancreas’ Acini are the little clusters of enzyme-making cells. Along with other secreting cells they produce around 1.5 liters of clear pancreatic juice a day and make up most of the organ’s flesh as it were. *Acinus* is Latin for grapes.

Enzymes help digest food, in other words protein, sugars and fats. The pancreas empties the enzymes into the duodenum, the first part of the small intestine after the stomach.

The pancreas is about 17 cm long and hidden at the back of the abdomen, behind the stomach where it is well protected; so, you must try quite hard to injure it. Crushing it between a steering wheel and your spine in

a car accident can rupture the organ – in such situations the “juices” start digesting your insides, after all digestion is their purpose. I understand it is very painful.

Don’t forget your Calcium phosphate, it activates the cells of the pancreas!

Foods that contain natural digestive enzymes include pineapples, papayas, mongos, honey, bananas, avocados, kefir, sauerkraut, kimchi, miso, kiwifruit, and ginger. Adding any these foods to your diet may help promote digestion and better intestinal health.

BUT again, don’t forget Schüssler-Salt No. 2 Calcium phosphate 6X – it stimulates the cells of the pancreas to produce the digestive enzymes.

So, if there is a major demand for calcium phosphate in the body, there could well be a situation where some areas are depleted in favour of other areas?

Metabolism is a wonderful, and very misunderstood entity.

*Alex Sutton
Chairperson – Institute of Biochemic Medicine*

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