

Dear Customers

In this Issue: Health tips for Hearing problems

Hearing problems and Tinnitus

I have had quite a few requests to cover this very large topic. So what follows is a simple guide with some of the most effective solutions I have found.

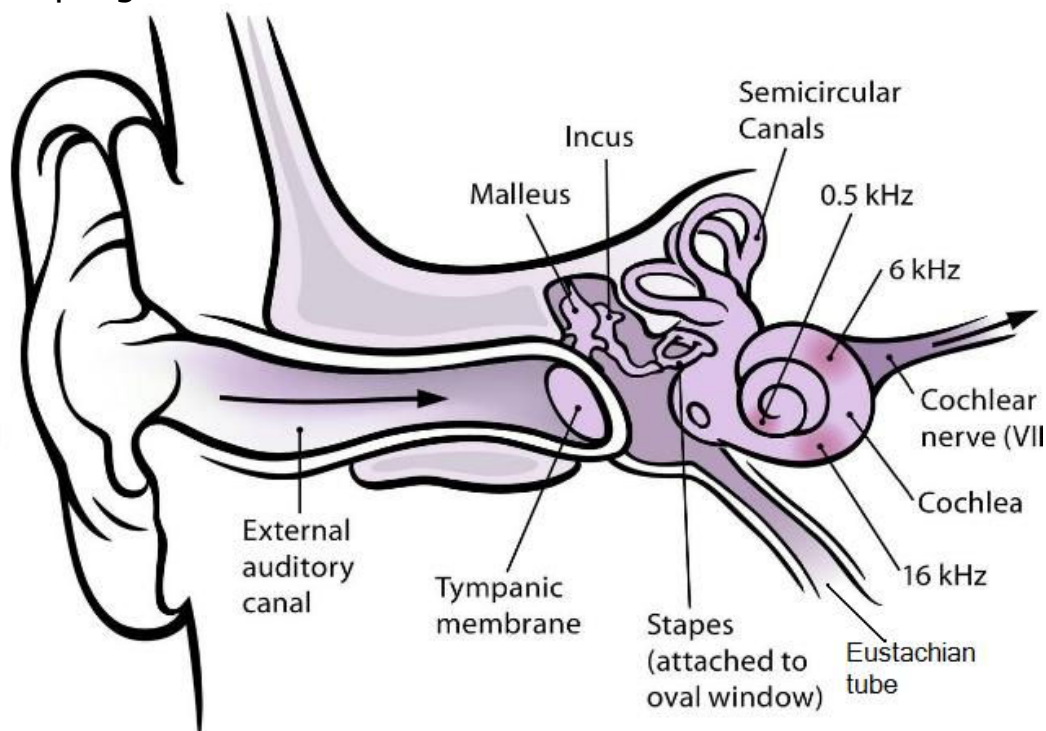


Diagram of the ear

The outer ear

The outer ear canal produces ear wax; this is a very important substance which has some very effective anti-microbial properties.

What goes wrong?

1. The ear canal can fill with excessive ear wax and get blocked, which will result in hearing loss. This can be aggravated by the use of cotton buds to clean the ear which may actually push the wax inwards towards the ear drum - so don't do it!! Ear wax can be softened by using a few drops of warmed (body temperature) almond oil.
2. Infection in the outer ear canal, this is often aggravated by things



being pushed in to the ear or build up of old ear wax which loses its anti-microbial properties and becomes infected. Some people report using slightly warmed Colloidal Silver solution in the ear can help, 3 to 5 drops three times per day.

[Goto GoodVitality.com](https://www.GoodVitality.com) and search for code 5125 to buy [Colloidal Silver](#)

The middle ear

The middle ear is connected to the back of the throat by the Eustachian tube. This is a specialised type of tube lined with mucous membrane. These tubes produce mucous which acts as a lubricant and provides anti-microbial protection. It drains with the aid of the cillial ladder (microscopic hairs) into the back of the throat. This keeps the middle ear clear and helps to balance the air pressure on either side of the ear drum.

Also in the middle ear are a small collection of bones that relay the vibrations from the ear drum to the cochlea.

What goes wrong?

1. The middle ear fills with fluid. This can be caused by the fluid becoming too thick to flow, as in glue ear. Here the supplement Bromelain can be very helpful in breaking up the mucous. Take three doses per day one after each meal. This maybe needed to be done for months as it has taken a long time to build up. I would also suggest going on a dairy free diet. [See my video on catarrh.](#) [Goto GoodVitality.com](https://www.GoodVitality.com) and search for code 403 to buy [Bromelain](#)



2. The middle ear becomes infected. This can be very nasty and painful and you should seek advice from your medical care provider. If left the infection can spread into the inner ear and cause deafness. The ear drum may burst and result in an ear discharge. To prevent this happening it is a good idea to keep your Eustachian tubes clear, again [see my video on catarrh.](#)

The inner ear

The inner ear contains two sensory systems.

1. The Semicircular canals, these are responsible for your balance and if they become damaged or malnourished may result in dizziness and vertigo.
2. The Cochlea, this snail like object receives vibrations from the ear drum and turns them into nerve impulses which are interpreted by our brain as hearing.

What goes wrong?

Both of the above structures will be affected by infections and here you must seek the advice of your medical care provider.

Tinnitus

This is a very common condition which is more likely to affect us as we get older. It often comes with loss of hearing. It is usually described as a ringing noise, but in some patients, it takes other forms.

There are several approaches to this, which can be very helpful. Firstly we need to increase the blood flow in to the area to speed up repair and recovery of the cells; this may be done with a powerful version of Ginkgo biloba.



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Take three doses per day but importantly take them away from food, 2 hours after eating and then nothing to eat for 30 minutes.

Next, use magnetic pulsing, but I can not emphasise this enough - less is more. Two pulses in the morning and two in the evening. No more than that!! It's like going to the gym 3 times per day and you wear yourselves out - three times a week and you get bigger and stronger. Magnetic Pulsing speeds up cell division and hence repair.

[Goto GoodVitality.com](https://www.GoodVitality.com) and search for code 5013 to buy [Magnetic Pulsar](https://www.GoodVitality.com)

Also tinnitus can be very stressful and often it becomes a vicious cycle of discomfort and lost sleep. Some people have found that taking 200 mg of 5-HTP at bedtime helps them to get off to sleep easier and sleep more deeply.



[Goto GoodVitality.com](https://www.GoodVitality.com) and search for code 1448 to buy [5-HTP](https://www.GoodVitality.com)

Deafness

Here is a very interesting story. One of my patients had a three month old baby who had been diagnosed as having severe hearing loss and in real terms he would be deaf.

His mother was very upset by this and asked if there was anything that she could try, she was desperate for her child to hear. I suggested Magnetic Pulsing, one pulse per day on each ear. I also suggested a dairy free diet to help with that mucous problem. To cut a long story short, 2 years on and this child has normal hearing! Great result for a hopeless case!

Video

There is a Video to accompany this newsletter which can be found on [GoodVitality.com](https://www.GoodVitality.com) under Health Tips, Hearing.

