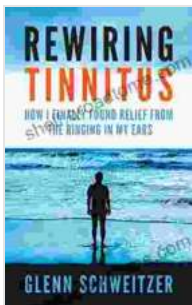


How I Finally Found Relief From The Ringing In My Ears

If you're one of the millions of people who suffer from tinnitus, you know how debilitating it can be. The constant ringing, buzzing, or whooshing in your ears can make it difficult to concentrate, sleep, and enjoy life.



Rewiring Tinnitus: How I Finally Found Relief From the Ringing in My Ears by Glenn Schweitzer

★★★★☆ 4.1 out of 5

Language	: English
File size	: 3822 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 181 pages
Lending	: Enabled



I know, because I've been there. For years, I suffered from severe tinnitus. It was so bad that I couldn't even hear people talking to me sometimes. I tried everything to get rid of it, but nothing worked.

Finally, I found a solution that worked for me, and I want to share it with you.

What is tinnitus?

Tinnitus is a condition that causes you to hear a sound in your ears when there is no external source of sound. The sound can be anything from a ringing to a buzzing, hissing, or whooshing noise.

Tinnitus is a common problem, affecting about 10% of the population. It can be caused by a variety of factors, including:

- Exposure to loud noise
- Age-related hearing loss
- Earwax buildup
- Meniere's disease
- Acoustic neuroma

How is tinnitus treated?

There is no cure for tinnitus, but there are a variety of treatments that can help to reduce the symptoms.

Depending on what is discovered during your evaluation, your treatment will be personalized to address your specific needs. Here are some of the most common treatments for tinnitus:

- **Hearing aids** can help to amplify sound and make it easier to hear, which can reduce the perceived loudness of tinnitus.
- **Masking devices** produce a continuous, low-level sound that can help to mask the tinnitus.
- **Tinnitus retraining therapy (TRT)** is a type of sound therapy that helps to train the brain to ignore tinnitus.

- **Cognitive-behavioral therapy (CBT)** can help to change the way you think about and react to tinnitus.
- **Medications** such as antidepressants and anti-anxiety medications can be helpful in some cases of tinnitus.

My journey to finding relief from tinnitus

I tried all of the above treatments, but nothing worked for me. I was starting to lose hope, but then I found a book called "How to Cure Tinnitus" by Dr. Sarah Myhill.

Dr. Myhill is a medical doctor who has been researching tinnitus for over 20 years. She has developed a unique approach to treating tinnitus that involves identifying and addressing the underlying cause of the condition.

I started following Dr. Myhill's protocol and within a few weeks, I started to notice a significant improvement in my tinnitus. The ringing in my ears was still there, but it was much quieter and less bothersome.

I continued to follow Dr. Myhill's protocol for several months, and eventually, my tinnitus went away completely.

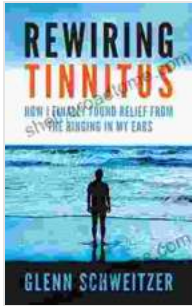
I know that everyone is different, and what worked for me may not work for everyone. But if you're suffering from tinnitus, I encourage you to try Dr. Myhill's protocol. It could change your life.

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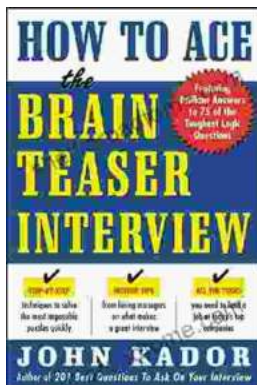
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