



## Do Tinnitus sufferers share any commonalities?

The short answer is yes! They do, however; this is where tinnitus gets interesting.

It is said that tinnitus sufferers are more prone to:

- **Depression**
- **Sleeping disorders**
- **Anxiety**
- **Concentration difficulties**
- **Stress**
- **Hypersensitivity**

But what is not clear is whether these conditions come about due to tinnitus or whether tinnitus

comes hand in hand with these varying disorders?

If the latter is the case (which I believe to be so) then tinnitus is as much an emotional issue as it is a physical one. I'm certainly not suggesting that tinnitus doesn't have any physical roots, because in many cases it almost certainly does and is a symptom of damage and or disease.

## The chicken or the egg scenario

However the question remains, is tinnitus the result of your underlying conditions or is tinnitus the reason for your underlying conditions?

Regardless of whether your tinnitus manifested due to emotional issues or physical ones is in essence immaterial, once you have a diagnosis the fact remains, **you have tinnitus!**

This is why we developed the three foundational questions of the Tinnitus Retrain System:

- How did I develop this tinnitus?
- How do I respond to this tinnitus?
- How do I now choose to live with this Tinnitus?

The next question you need to ask yourself is, are you a tinnitus sufferer? The term 'Tinnitus sufferer' is

often used to describe someone who has tinnitus, but not everyone who has tinnitus **“Suffers”** from tinnitus.

This point is highlighted by the very fact that some people with tinnitus are blissfully unaware of it? Whilst others are pushed to the brink of despair? You might be surprised to know that studies show that their tinnitus isn't any worse or better than yours! So, how can this be so?

It simply boils down to a difference in nervous system response.

## **Tinnitus relief is closer than you may think**

When we begin to examine the emotional aspect of our relationship with tinnitus we gradually begin to come to terms with it. We then open a new window and create a new perspective with a powerful opportunity to change it. This new approach has the power to eventually render your tinnitus ineffectual.

However, to comprehensively tackle the mental/emotional, habituation issue surrounding tinnitus we must first come from a solid, healthy, holistic, whole body base.

The reasoning behind this can be explained as follows. Research is now showing that moderate exercise is as effective as antidepressants in tackling depression.

However the problem with mental/emotional issues is a little more complex in nature than say, just going for a run. The very nature of depression tends to rob us of our motivation, our drive and our sense of self. Therefore simply saying "I'll go for a run and fix the blues" tends to be idealistic. Because it's hard to be making positive, lifestyle changes without a little drive and willpower.

So, where do we find that drive and staying power, especially when we are already feeling hopeless, exhausted and defeated.

## Support

**The very bedrock of our self-help habituation system is a comprehensive, empowering and supportive one.** We personally know that in order to overcome, tinnitus it's not just the mind that needs to be stimulated, the whole body must be prepared, strengthened and supported, or change simply will not come.

The reworking of your emotional response to tinnitus, the rewiring or the bypassing, so to speak, might sound complicated, but **it's simpler than you may think.** Especially when the entire body is involved,

stimulated and gradually honed to accept the changes.

Without this entire support system the “Simple” changes necessary would not come about.



## There are several physical states that it seems tinnitus sufferers have in common

- **Migraine headaches**
- **Neck, shoulder and head tension**
- **History of injury**
- **Auto-immune problems**
- **Allergies**
- **Circulation problems**

- **Intestinal issues**

All of these could have their roots in multiple disorders from anxiety, depression to system toxicity and adrenal fatigue. So overwhelming is the evidence that it points ever more firmly in the direction of a holistic approach to your tinnitus.

## High stress life

Tinnitus is closely linked to an adrenal, high stress lifestyle, and usually emerges shortly after a challenging event.

**Take a moment to think about your life. When did you first notice your Tinnitus?** Is it possible any of the following situations or combination of situations was a trigger, or at least made your Tinnitus more noticeable and irritating?

**Tinnitus is usually an accumulated effect, one that could have been building for years and years.**

- General poor diet and lifestyle.
- Physical trauma, accident, over exertion, under exertion, recent medical condition.

- Personal challenges in life (splitting up, divorce, redundancy, career change)
- Struggle, combative relationships, legal trouble, financial.
- Surgical procedures, anaesthetics.
- Major dental work.
- Frequent/persistent drug use or alcohol – recreational or medical
- Hearing loss, damage, ear infections
- A severe impact to the head or jaw problems TMJ
- Chronic worrying, stressing out, obsessing, inability to relax.
- Financial concerns.
- Inability to let go of the past, emotional stagnation.
- Insufficient sleep, over stimulation.
- Motherhood stress, hyper awareness, listening out for a baby crying for months on end
- Overwork, tiredness, exhaustion

# Is your system stressed?

One of the first steps is recognizing the signs for yourself. It's sometimes difficult to assess how hyped-up you actually are because it's a gradual, slow process. Awareness of this potential issue is a very important first step.

***Check off any of the following adrenal symptoms that may apply to you:***

- Wake up early feeling groggy and not refreshed
- Wake up frequently during the night
- Burn brightly outwardly, but you are constantly tired inside
- Easily activated, irritable, reactive, oversensitive
- Impatient
- Easily distracted
- Cerebral and analytical
- Prone to anxiety
- Controlling
- Driven, over-ambitious, always do too much, action orientated
- Tend to bite off more than you can chew
- Short-tempered

- Sensitive digestive system, bowel movements from one extreme to another
- Crave sugar, or need sugar boosts throughout the day
- Sensitive or Dependent on stimulants like coffee, alcohol, chocolate
- Run at high speed - deadlines dominate
- Always on the go - get bored easily - can't bear 'nothing to do'
- Never satisfied: "grass is greener"
- Doing too much for no apparent reason - hate being "left out"
- Never have enough time
- Poor circulation in extremities
- Stiff neck and shoulders - tingling hands and wrists, electrical pulses
- Low energy and tired - crave mindless distraction
- Keep on going, collapse in a heap, out like a light
- Poor sleeper - should have had a sleep during in the day
- Can sleep during the day but can't switch off at night.

## **Does any of this perhaps sound like you?**

If so, you are likely to be on the highly stressed, hypersensitive side of things, and will need to make some changes.

**Taking a step in the right direction is easier than you may think, especially with someone else's help, experience and guidance.** Let's face it; life in the 21<sup>st</sup> century can be overwhelming and challenging.

For most people modern civilized life exposes us to a myriad of relatively new pressures, producing the stress response from our endocrine system, which puts us under actual physical pressure. Our bodies have hardly changed since prehistoric times when, as hunters, we would be exposed to extreme short-term dangers and would usually end up burning it off appropriately, either through running from danger or facing a danger and fighting.

While adrenaline is highly effective in helping us escape from short-term danger, it is less so when faced with ongoing, long-term stress.

In fact, adrenaline and the other chemicals our bodies produce in reaction to stress causes the body to produce toxic substances, free radicals, which in return cause huge amounts of degeneration and inflammation.

**The immediate chemical effect of stress is to reduce the immune system's ability to function, making us more susceptible to disease.**

Most people feel more or less OK; we cope, we manage, we adapt. The nervous system does a fabulous job of managing unprocessed trauma in the background.

**You may live a seemingly charmed life and still have Tinnitus.** Why is this?

Stress doesn't just have to be about events and circumstances; it can occur when we treat our bodies poorly, via poor nutrition, over use of stimulants, lack of sleep and lack of proper exercise.

Along with the habituation exercises in the tinnitus retrain system the program's **Seven Steps to Tinnitus Eradication** helps you develop your sensitivity, generate true health and calm your nervous system putting you in touch with what is going on behind the scenes. The moment you slow down and start paying attention to how your body feels, the healing will start to take place.

## So let's get in touch

We all want positive change, but we tend to retreat back into our familiar comfort zone when we are faced with challenge or the possibility of failure. There can be huge fear attached to change.

That's why we have created a supportive, gentle and encouraging guide. One that allows you to work at your own pace, nothing extreme, nothing too hard to follow that it's set to fail.

The techniques, practices and guidelines in the tinnitus retrain program are effective, simple,

supportive and excellent at returning us back to **how we ultimately should feel.**

When you feel confident enough and your body feels healthy and strong the vice like grip tinnitus has on your nervous system will begin to release. It's in this space where you can begin to refocus your attention away from the ringing and **learn to listen beyond tinnitus.**

Over time the habituation techniques coupled with the restorative practices and lifestyle choices will gradually alleviate the need for your body to pump so much adrenaline into your system.

**And this will lead to the eventual switching off of that internal alarm, tinnitus!**

The tinnitus retrain program takes into consideration that everything is linked—and that great health is all systems working in harmony.

**Get in touch!**  
**Take back control!**  
**Enjoy inner peace once more!**

**<http://tinnitusretrain.com/our-offer>**