



8 NATURAL WAYS TO HEAL TINNITUS

Posted on August 20, 2020 by Ann Marie

Tinnitus, or commonly known as ringing in the ears, is a sensation of hearing a buzzing, hissing, humming, roaring, ringing, and whistling sound. You might experience a continuous or intermittent sound at any time of the day that worsens at night. This makes it hard for you to fall asleep, and you'll experience difficulty in concentrating. If not treated, it can lead to permanent damage to your hearing. Moreover, tinnitus can affect your work and personal relationship that brings about psychological distress.

What Causes Tinnitus?

Prolonged exposure to loud sounds is one of the main factors that cause tinnitus. Symptoms are more triggered if you drink alcohol or smoke. Taking high doses of caffeine, stress, fatigue and high blood pressure may also cause tinnitus.

What are the Natural Ways of Healing Tinnitus?

Garlic Oil

For centuries, garlic has been used to treat a variety of ailments, specifically earache, ear infection, and tinnitus. Drug stores or health stores are selling commercially-made garlic oil ear drops that you can use instantly. However, if you prefer to make your own garlic oil at home you can follow these easy steps:

- Prepare 1 clove of peeled garlic (crushed or chopped) in a pan. Mix 2 to 4 tablespoons of olive oil.
- Warm the oil and the garlic in low heat. Swirl the oil around the pan until it produces its natural aroma.
- Remove the pan from the heat and let the mixture cool at room temperature.
- Transfer the mixture into the jar while straining out the garlic pieces.
- Before using it directly to yourself, do a simple test first. Apply a drop in a small part of your inner arm and observe for redness or itchiness. If there is none, proceed to the next step.
- Put 2 to 3 drops of warm garlic oil into the ears for 10 to 15 minutes, alternating with the other ear. The remaining oil should be stored in the refrigerator to use when needed.

Ginkgo Biloba

Ginkgo Biloba is one of the natural ways you can use to treat tinnitus. Have a standardized extract of Ginkgo 3 times a day with meals for 2 months. This method will help increase your blood circulation on your head and neck relieving the symptoms of tinnitus gradually.

Apple Cider Vinegar

ACV has antibacterial and antifungal properties that help treat the ringing ear problem. Just take 2 teaspoons of apple cider vinegar to a glass of water and mix well. You may also add honey to the mix if you like. Drink this mixture 2 to 3 times a day for faster results. It should be taken with food to avoid an increase in stomach acidity.

Ginger Tea

This natural ingredient is an antioxidant and anti-inflammatory agent that helps ease the pain caused by tinnitus. Prepare a cup of hot water and add freshly grated ginger (1/2 teaspoon), let it soak for 15 minutes. Strain the mixture and drink the tea. You may add honey or lemon for additional flavor. Drink this at least 3 times a day for the best result.

Coconut Oil

Another natural way to treat tinnitus is by using coconut oil. Coconut oil has antifungal, antibacterial, and antioxidant properties that can combat certain infections. To use coconut oil, prepare and warm the oil in a pot for 3 to 5 minutes. Let it cool. On the affected ear, pour 1 to 2 drops of warm oil. Leave it for about 10 to 15 minutes or until absorbed. This will help loosen the earwax, which sometimes causes the ringing in your ears.

Sunflower Seeds

Stress and anxiety cause tinnitus too. One way to relieve this is by taking magnesium-rich sources of food such as sunflower seeds. Simply prepare 1 to 2 teaspoons of sunflower and a glass of water. Place this mixture in a pot and boil for 5 minutes. Strain the mixture and remove the sunflower seeds. Again, you can add honey for flavor. Drink 2 times daily for the best result.

Great Mullein

Mullein is native to European countries and was brought to the North American continent. Since then, it has been recognized for its healing benefits. You can use 1 to 2 teaspoons of dried leaves in a cup of boiling water. Steep for 10 minutes and strain, then drink. 1 teaspoon is equivalent to 0.5 g of the drug, 3 to 4 g per day is the needed dose to improve your tinnitus. Beware though that touching the plant can give you skin irritation.

Pineapple

Pineapple is commonly found worldwide. It has vitamins A and B, which people with tinnitus are

lacking. To try this, just prepare a peeled pineapple. About $\frac{1}{4}$ part of it or you can cut it into pieces and blend with a cup of water. Drink this mixture throughout the day or eat in small pieces every day for the best result.

Using these methods can help you alleviate and treat tinnitus naturally since they are safe and with minimal to no side effects (unless taken more than the recommended dose or with other underlying conditions). Moreover, herbal remedies are affordable and easy to use. You can avoid non-invasive procedures and complications as long as you know how to take care of yourself. However, if you happen to experience the worst symptoms of tinnitus, it is best to see a specialist to further know your condition and treat what's causing it.

You may also like:

[50 Essential Uses of Apple Cider Vinegar](#)

[The Real Root Cause Of Tinnitus and What You Can do About it Starting Today](#) (Video)

[The Secret to Keep Basil Alive Indoors and How to Use It as a Medicine](#)

[How to Make an Herbal Steam for Congestion and Allergies](#)

[How To Prepare Medicinal Pickled Garlic](#)

Comments



R.Kooij - 2021-09-15 20:56:20

Is there a good combination of herbs to take?



kat - 2021-03-18 20:34:33

does pure pineapple juice do the same as the fruit?



William R. Furlong - 2020-11-05 15:48:35

I have tinnitus, and the above is of GREAT interest to me. I would like to know more details. Can eating a lot of sunflower seeds help? Can a combination of Ginko Biloba and ACV tea with meals help?



The Lost Herbs - 2020-10-09 08:22:15

Hi Olivia, Thank you for your comment. It should have been "peeled pineapple." You should eat the fruit and not the peeling. My sincerest apologies for the mistake. - 1/4 of a regular-sized pineapple daily. God bless!



The Lost Herbs - 2020-10-09 08:20:53

Hi Blanca, Thank you for your comment. It should have been "peeled pineapple." You should eat the fruit and not the peeling. My sincerest apologies for the mistake. And it should be 1/4 of a regular-sized pineapple daily. God bless!



Blanca E Bocanegra - 2020-10-07 14:12:40

The pineapple section is confusing to me. Am I supposed to use the cut up pineapple peel or use the pineapple flesh?



Olivia - 2020-09-30 03:55:04

Thank you for these helpful suggestions for tinnitus. Quick question: how much is a "pineapple peel" (1/4 of a pineapple?) daily?



The Lost Herbs - 2020-08-24 14:28:17

Hi Juliette, Thank you for your comment. We really appreciate it. I wish you the best of health. God bless!



The Lost Herbs - 2020-08-24 14:27:01

Hi Carrie, Thank you for your comment. We are glad to hear the article is useful and you'll try our suggestions. God bless!



The Lost Herbs - 2020-08-24 14:22:15

Hi Joan, Thank you so much for your comment. Please let us know which of these remedies works best for you. I wish you the best of health. God bless!



The Lost Herbs - 2020-08-24 14:17:17

Hi Betty, Thank you for purchasing "The Medicinal Garden Kit". Please check your email. We have sent you an email with your order details and tracking number. God bless!



Carrie DeGrandmont - 2020-08-21 00:44:38

passed this on to my husband, we'll try your suggestions. thanks!



Joan P. Lofters - 2020-08-20 22:20:57

I have been suffering for upmteen years. It is so very loud now.. I will be trying these remedies to see which works for me. I do not have a space for a garden either. But there are places I can get organic herbs. Thank you for sharing this information.



Juliette Lee - 2020-08-20 17:44:06

I have ordered a few books but I do not have the space to garden. I live in SF where space is limited. Most of us don't have huge backyards and I have no patio. However, I truly do appreciate little gems like this. I suffer from ringing in the ears and will try this immediately. Please keep these tips coming. I really appreciate all you do.



Betty J Westerfield - 2020-08-20 15:58:28

I just wanted to let you know that I bought the Medicinal Garden Kit but I did not receive the Medicinal Guide. Can I still get one? Thank you.