

Ears (including tinnitus)

## Description

Ears

Saving this to a “Health” email folder may make access easier.

You can use this as an aide to your own research and share with your doctor as appropriate.

You can use drugs.com or other trusted health websites to look up the latest information on prescription drugs, herbs, foods or other treatments possible side & interaction effects.

Tinnitus-

Causes of tinnitus:

Aspartame (NutraSweet/Equal/Neotame, blue packet) & (MSG) “natural flavors” often has it, can cause many neurological problems like tinnitus & seizures. It can be very addictive through the damage

it causes to the brain getting off it can bring sometimes full relief of the tinnitus & other symptoms like blindness, deafness, seizures, nausea, vertigo, etc.

[hearinglosshelp.com/blog/aspartame-and-monosodium-glutamate-two-often-overlooked-causes-of-tinnitus/](http://hearinglosshelp.com/blog/aspartame-and-monosodium-glutamate-two-often-overlooked-causes-of-tinnitus/)

[wnho.net/aspartame\\_tinnitus\\_connection.htm](http://wnho.net/aspartame_tinnitus_connection.htm)

[mpwhi.com/](http://mpwhi.com/)

[tinnitusformula.com/library/neurotoxins-and-tinnitus-aspartame-msg-solutions//](http://tinnitusformula.com/library/neurotoxins-and-tinnitus-aspartame-msg-solutions//)

Monosodium glutamate (MSG)

The flavor agent monosodium glutamate MSG appears to sometimes cause much of the same neurological damage as aspartame, including tinnus.

Aldi's brands (not name brands at Aldi's) do not have MSG hidden in "natural flavors" & other names as well as no FD&C food colorings (red#, yellow #, blue#) that can have mercury & lead added since 2015 & Aldis in the US may follow stricter/safer EU pesticide/herbicide/fungicide rules.

Russell Blaylock, MD- Excitotoxins: The Taste That Kills

[tinnitusformula.com/library/neurotoxins-and-tinnitus-aspartame-msg-solutions/](http://tinnitusformula.com/library/neurotoxins-and-tinnitus-aspartame-msg-solutions/)

## NSAIDS

Aspirin, acetaminophen (Tylenol), NSAIDS like ibuprofen, naproxen, etc taken at the same time as Nutrasweet may deplete glutathione & intensify the toxicity of aspartame in causing tinnitus.

They all have a lot more deadly side effects than commonly known. High dosage alpha lipoic acid, noni in capsule form, turmeric with black pepper, astaxanthin all help pain & inflammation.

[youtube.com/watch?v=K3xwtbH\\_GrA](https://youtube.com/watch?v=K3xwtbH_GrA)

List of medications that can trigger tinnitus:

[tinnitus.net/medications-that-can-cause-tinnitus/](http://tinnitus.net/medications-that-can-cause-tinnitus/)

[hearinglosshelp.com/blog/revised-2016-list-of-drugs-herbs-and-chemicals-associated-with-tinnitus-released/](https://hearinglosshelp.com/blog/revised-2016-list-of-drugs-herbs-and-chemicals-associated-with-tinnitus-released/)

[hearinglosshelp.com/wp-content/uploads/2021/06/Tinnitus-Drug-List-2021.pdf](https://hearinglosshelp.com/wp-content/uploads/2021/06/Tinnitus-Drug-List-2021.pdf)

## **Tinnitus, hearing, , vestibular problems from some antibiotics**

Aminoglycoside antibiotics often damage the kidneys, hearing & balance, tendons, & may cause tinnitus

Amikin/amikacin

Garamycin/gentamicin

Humatin/paromomycin

Kantrex/kanamycin,

Kitabis Pak/tobramycin

Nebcin/tobramycin

Neo-Fradin/neomycin

Tobi/Podhaler/tobramycin

Zemdri/plazomicin

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<https://askinglot.com/what-are-the-toxic-effects-of-aminoglycosides>

## Fluoroquinolone antibiotics

Fluoroquinolones may increase mortality, peripheral neuropathy, nerve damage, arrhythmia, depression, confusion, hypoglycemia, suicidal thoughts, hallucinations, seizures, aortic aneurysms, severe eye damage, ruptured tendons and permanent joint damage, especially in children & are getting close to being saved as a last resort.

ciprofloxacin

levofloxacin

moxifloxacin

norfloxacin

ofloxacin

gemifloxacin (Factive)

Absorption may be significantly reduced if taken with calcium, milk, dark leafy salad greens.

Better may be taking it one hour before or two hours after these products.

Peripheral Neuropathy Associated with Fluoroquinolones Jay S Cohen

doi: 10.1345/aph.1Z429 Ann Pharmacother December 2001 vol. 35 no. 12 1540-1547

[fda.gov/news-events/press-announcements/fda-updates-warnings-fluoroquinolone-antibiotics](https://www.fda.gov/news-events/press-announcements/fda-updates-warnings-fluoroquinolone-antibiotics)

[fda.gov/news-events/press-announcements/fda-updates-warnings-fluoroquinolone-antibiotics-risks-mental-health-and-low-blood-sugar-adverse](https://www.fda.gov/news-events/press-announcements/fda-updates-warnings-fluoroquinolone-antibiotics-risks-mental-health-and-low-blood-sugar-adverse)

[fda.gov/drugs/drug-safety-and-availability/fda-drug-safety-communication-fda-updates-warnings-oral-and-injectable-fluoroquinolone-antibiotics](https://www.fda.gov/drugs/drug-safety-and-availability/fda-drug-safety-communication-fda-updates-warnings-oral-and-injectable-fluoroquinolone-antibiotics)

Clarithromycin

Clarithromycin antibiotic may increase congestive heart failure deaths by 75% & increase c. difficile, a severe & sometimes deadly gastrointestinal infection.

Svanström H, Pasternak B, Hviid A. Use of clarithromycin and roxithromycin and risk of cardiac death: cohort study *BMJ* 2014; 349:g4930 doi:10.1136/bmj.g4930

Macrolide antibiotics, hearing loss & tinnitus

Macrolide antibiotics may increase hearing loss by 25% over other antibiotics & trigger tinnitus. Macrolide antibiotics include:

azithromycin, clarithromycin, erythromycin, fidaxomicin, roxithromycin, spiramycin, and telithromycin.

Shim, S.R., Lee, Y., In, S.M. *et al.* Increased risk of hearing loss associated with macrolide use: a systematic review and meta-analysis. *Sci Rep* **14**, 183 (2024). <https://doi.org/10.1038/s41598-023-50774-1> [nature.com/articles/s41598-023-50774-1#citeas](https://www.nature.com/articles/s41598-023-50774-1#citeas)

Chemotherapy drugs

Chemo drugs can cause tinnitus.

Loop diuretics

Loop diuretics for high blood pressure cause brain damage & early death. They can also cause tinnitus.

Antimalarials

Quinine, chloroquine, & hydroxychloroquin can cause tinnitus at least temporarily after extended use.

Meniere's disease

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Meniere's disease may be caused by a herpes family virus & elderberry & zinc, high vitamin D3, 75ng/ml & above, may help prevent symptoms. Lysine & lysine cream also help greatly.



## Ear infections

I used to get ear infections a couple times a year, & my ears always itched. Finally, my doctor prescribed acetic acid when all else failed. Acetic acid is in vinegar, & it reminded me swimmers use vinegar to prevent ear infections. Peroxide can get in the eustachian tube & cause damage when bubbling, vinegar doesn't appear to.

A decade & a half later I haven't had an ear infection since as long as I spray vinegar in my ear, ear tilted up, fill with vinegar, press flap in front of ear to flex ear canal for a couple minutes, repeat in other ear, usually when in the shower.

## Meditation/contemplation

Compassion & gratitude contemplation/meditation may help most.

## Total focus for tinnitus

Focusing on a pleasant sound can "distract" away tinnitus. Trying all kinds of sounds until we find the ones that help may work best.

[hearinglosshelp.com/blog/total-focus-a-great-coping-strategy-for-both-tinnitus-and-musical-ear-syndrome](https://hearinglosshelp.com/blog/total-focus-a-great-coping-strategy-for-both-tinnitus-and-musical-ear-syndrome)

## Attending to outside sounds

Lenire by Neuromod (91% effective a year after) and Clarify by Neosensory are two (expensive) devices that provide a touch stimulus whenever an outside sound is played. The combining of the touch stimulus & sound decreases focus on sounds that don't have a touch stimulus, like tinnitus. It may be possible to tap the leg for example, in rhythm to every sound on a song at least once a day (or at bedtime) as a way to retrain attention away from sounds with no touch stimulus paired. Tapping both legs at the same time may be more effective than just one (perhaps).

[tinnitushub.com/heres-why-the-jurys-still-out-on-lenire](https://tinnitushub.com/heres-why-the-jurys-still-out-on-lenire)

[neosensory.com/product/clarify](https://neosensory.com/product/clarify)

Physical treatments

**How to Stop Tinnitus in 30 SECONDS**

**[youtube.com/watch?v=4QPOK2uYNrM](https://youtube.com/watch?v=4QPOK2uYNrM)**

**QUICK TINNITUS RELIEF! Dr. Mandell**

**[youtube.com/watch?v=P8Os2clmeD8](https://youtube.com/watch?v=P8Os2clmeD8)**

**STOP TINNITUS IN 30 SECONDS | QIGONG | TCM**

**[youtube.com/watch?v=xkcrGuCOP4o](https://youtube.com/watch?v=xkcrGuCOP4o)**

**Fix your TMJ-Related Tinnitus in 30 seconds –  
[@DeltaHealthClinic](#)**

**[youtube.com/watch?v=ndz52WssWGM](https://youtube.com/watch?v=ndz52WssWGM)**

Find your masking frequency

## Match YOUR Tinnitus Frequency: from 20Hz to 20000Hz with this Online Human Hearing Frequency Sweep

[youtube.com/watch?v=eqwBjR63O9w](https://youtube.com/watch?v=eqwBjR63O9w)

Pycnogenol (pine bark extract)

Pycnogenol & tinnitus

Pycnogenol appears to improve vascular function in the body that helps to improve blood flow in the ears & reverse tinnitus symptoms more & more over time- 45% of in three months went to zero symptoms & over 87% after six months at 150mg/day in three types of tinnitus when tested as low.

Pycnogenol also appears to help reduce/reverse:

eye retinopathy

hay fever & asthma symptoms (over 60% ended inhaler use within three months)

all menopause symptoms

heart disease

diabetes

wrinkles, brown spots & other skin problems (increases collagen & hyaluronic acid)

pain & inflammation

Pycnogenol appears to:

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speed the healing of injuries,

clean teeth & gums,

improve memory & cognition in adults of all ages & in kids with ADHD

increase athletic endurance after a month by 21% & reduces cramps by increasing blood flow to the muscles

Luzzi R, Belcaro G, Hu S, Dugall M, Hosoi M, Cacchio M, Ippolito E, Corsi M. Improvement in symptoms and cochlear flow with pycnogenol in patients with Meniere's disease and tinnitus. *Minerva Med.* 2014 Jun;105(3):245-54. PMID: 24988090.

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pubmed.ncbi.nlm.nih.gov/24988090/

Over 500 studies on pycnogenol-

[pycnogenol.com/science](http://pycnogenol.com/science)

[pycnogenol.com/fileadmin/pdf/Application\\_brochures/Bibliography\\_202](http://pycnogenol.com/fileadmin/pdf/Application_brochures/Bibliography_202)

C60-

Carbon 60, buckyballs have been known to bring back hair growth (hopefully ear hairs too) when used topically. I would rinse my ears with vinegar a few days in a row to soften & let the wax out on its own, which also helps tinnitus. Then I would put in a few drops of C60 with head tilted for a couple minutes. It has healed a burn I had much faster on the side I used it vs the other side. Internally it's known as the strongest anticancer, increasing depth of sleep, & increasing physical & mental energy.

[alienherbalist.com/c60-buckyballs-fullerenes](http://alienherbalist.com/c60-buckyballs-fullerenes)

DMSO/aloe topical in ear

DMSO liquid w/aloe

I would only use this after making sure my earwax is gone & then ears are rinsed as DMSO binds with anything & takes it in through the skin. It is the strongest topical anti-inflammatory known. Aloe keeps it from drying the skin out.

If another substance helps when taken topically, mixing a little of it with DMSO in a glass bowl may help it absorb a lot better.

In this study 60% found full symptom relief, the other 40% partial.

Caro AZ. Dimethyl sulfoxide therapy in subjective tinnitus of unknown origin. Ann N Y Acad Sci. 1975 Jan 27;243:468-74. doi: 10.1111/j.1749-6632.1975.tb25389.x.  
[pubmed.ncbi.nlm.nih.gov/1055561/](https://pubmed.ncbi.nlm.nih.gov/1055561/)

60 Minutes has done multiple shows on DMSO as a lifesaving unpatentable drug (wood extract) that is suppressed

[minemo.info/the-riddle-of-dms0-60-minutes-report/](https://minemo.info/the-riddle-of-dms0-60-minutes-report/)  
[earthclinic.com/supplements/dms0.html](https://earthclinic.com/supplements/dms0.html)

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Magnesium glycinate

Magnesium glycinate or magnesium oil around the ear may stop tinnitus for some. Glycine & magnesium both increase the depth/quality of sleep & performance the next day so taking magnesium glycinate starting at night should help both sleep quality & tinnitus symptoms.

[tinnitusadvisor.com/supplements-vitamins-for-tinnitus](https://tinnitusadvisor.com/supplements-vitamins-for-tinnitus)

[hearinglosshelp.com/blog/tinnitus-and-magnesium-deficiency](https://hearinglosshelp.com/blog/tinnitus-and-magnesium-deficiency)

[alienherbalist.com/anxiety-insomnia-stress-aides](http://alienherbalist.com/anxiety-insomnia-stress-aides)

## Taurine

Taurine, an amino acid with a very low adverse effects profile treats a large number of heart disorders, as well as tinnitus.

[nature.com/articles/hr201686](http://nature.com/articles/hr201686)

[ncbi.nlm.nih.gov/pmc/articles/PMC5933890/](http://ncbi.nlm.nih.gov/pmc/articles/PMC5933890/)

[ncbi.nlm.nih.gov/pmc/articles/PMC2997922/](http://ncbi.nlm.nih.gov/pmc/articles/PMC2997922/)

## GABA

GABA, another amino acid that also helps insomnia (deepens sleep) & anxiety, levels in the brain appear to be lower in tinnitus & supplementation has reduced tinnitus by over 50% in some people.

GABA may be more effective taken under the tongue & in a form that has been found to get into the brain. People on tinnitus forums



have reported relief from gabacalm & pharmgaba. Other research shows GABA appears to work indirectly but successfully in any form its taken.

[ata.org/why-gaba-may-be-one-of-the-keys-to-understanding-tinnitus/](https://ata.org/why-gaba-may-be-one-of-the-keys-to-understanding-tinnitus/)

[nature.com/articles/s41598-022-07835-8](https://nature.com/articles/s41598-022-07835-8)

[news.berkeley.edu/2011/09/12/tinnitus-discovery-could-lead-to-new-ways-to-stop-the-ringing/](https://news.berkeley.edu/2011/09/12/tinnitus-discovery-could-lead-to-new-ways-to-stop-the-ringing/)

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Sulodexide

[en.m.wikipedia.org/wiki/Sulodexide](https://en.m.wikipedia.org/wiki/Sulodexide)

The prescription drug sulodexide appears to help a lot of people with tinnitus & also endothelial damage.

Ginkgo & zinc

Ginkgo powder (may be more effective than supplements)

Alpha lipoic acid (R lipoic is an alternative)

Acetyl L carnitine

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Ubiquinol

[tinnitusformula.com/library/neurotoxins-and-tinnitus-aspartame-msg-solutions/](https://tinnitusformula.com/library/neurotoxins-and-tinnitus-aspartame-msg-solutions/)

Beijing Concentrated Tinnitus pills

Liu Wei Di Huang Wan

cordyceps mushroom

rhodiola adaptogen

[motherearthliving.com/health-and-wellness/natural-remedies/herbal-treatments-for-tinnitus-zmaz05ndzgoe/](https://motherearthliving.com/health-and-wellness/natural-remedies/herbal-treatments-for-tinnitus-zmaz05ndzgoe/)

25mg zinc, 50mg niacin 2x/day

vitamin B complex sustained release after breakfast

melatonin 10mg at night (major anti-inflammatory)

prescription amitriptyline, acamprosate, and gabapentin have a lot of bad side effects that may be mitigated by taking lower doses under the tongue for greater effect

[thelancet.com/journals/eclinm/article/PIIS2589-5370\(21\)00360-6/fulltext](https://thelancet.com/journals/eclinm/article/PIIS2589-5370(21)00360-6/fulltext)

Alpha lipoic acid

vinpocetine

milk thistle

chromium picolinate

d-cycloserine

Why blends?

Only 1/5th the side effects of each, so dosage can be increased higher if it works

[nutrispec.net/best-tinnitus-supplements](https://nutrispec.net/best-tinnitus-supplements)

[topconsumerreviews.com/best-tinnitus-products/index.php](https://topconsumerreviews.com/best-tinnitus-products/index.php)

Transcranial magnetic stimulation (TCMS)

TCMS appears to help some people with tinnitus.

[journals.sagepub.com/doi/full/10.1177/0300060521999549](https://journals.sagepub.com/doi/full/10.1177/0300060521999549)

More:

computer exercises improving processing sound speech memory

remove earwax by rinsing ear with vinegar

white noise, pink noise, try everything

frequency cancelling- get frequency generator app & try every frequency until find the one that masks it

if pulsating brain-blood vessel abnormality more likely

Naltrexone for tinnitus

**LDN appears to help most disorders, especially with chronic pain, cancer, autoimmune, & autism & also tinnitus after the 50mg dose has been tried.**

Perhaps good to start taking 50mg in the morning, then instead in the afternoon, then evening, then at night right before bed.

The effect of naltrexone on the perception and distress in tinnitus: an open-label pilot study. Vanneste S, Azevedo A, De Ridder D. Int

J Clin Pharmacol Ther. 2013 Jan;51(1):5-11. doi:  
10.5414/CP201754. PMID: 23110786.

pubmed.ncbi.nlm.nih.gov/23110786/

ldnscience.org/research

**patents.google.com/patent/WO2011145062A1/en**

Long covid tinnitus

People who have tinnitus after exposure to the spike protein found  
in CV19 may get relief for treatment of long covid.

[alienherbalist.com/best-treatment-o...-shots-proximity](http://alienherbalist.com/best-treatment-o...-shots-proximity)

Typewriter tinnitus (also morse code, pellet gun, tapping, clicking etc)

May be caused by vestibulocochlear nerve compression syndrome /  
paroxysmal vertigo. Middle ear myoclonus may cause surprise  
noises to be more problematic.

200-400mg of carbamazepine may help a lot then reduce to the  
lowest level with the greatest benefit. Carbamazepine has a lot of  
side effects. Kava may help. 600mg lipoic acid at wakeup & with  
every meal may help. Upper cervical chiropractic adjustments or  
nerve decompression surgery may help.

[upcspine.com](http://upcspine.com) for chiropractors

[hearinglosshelp.com/blog/](http://hearinglosshelp.com/blog/)

[hearinglosshelp.com/blog/topic/ear-problems/tinnitus/](http://hearinglosshelp.com/blog/topic/ear-problems/tinnitus/)

## Neuromodulation

Neuromodulation may help

[hearinglosshelp.com/blog/neuromodulation-for-treating-tinnitus](http://hearinglosshelp.com/blog/neuromodulation-for-treating-tinnitus)

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### Category

1. Uncategorized

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