



## Tinnitus & Stress: Ear Ringing, Buzzing

by award-winning author and stress-relief expert Susie Mantell

Q: Dear Susie, I've had Tinnitus for three months and am finding the ringing and buzzing very frustrating. It's hard to focus on work. My E.N.T. has me on anti-anxiety medication. I recently purchased your stress-relief CD, "Your Present: A Half-Hour of Peace," and indeed, it is very calming. Do you have other suggestions?

A: As you may know, there are many possible causes for the annoying sensations of Tinnitus, and some aspects are still not fully understood. It is important to consider all possible causes and approaches.

**In addition to the stress factor, episodes of Tinnitus can sometimes result from the following:**

- |                  |                        |                         |
|------------------|------------------------|-------------------------|
| Excessive Noise  | TMJ                    | Sinus Disease           |
| Earwax Buildup   | Cardiovascular Disease | Meniere's Disease       |
| Muscular Tension | Other Conditions       | ...and Some Medications |

You would be best advised by skilled health-care professionals who understand Tinnitus, its the wide variety of causes and varied approaches. A few you may already know about include breathing techniques, meditation, various forms of massage including cranio-sacral work, acupuncture, amplification with hearing aids, biofeedback, cochlear implants/electrical stimulation, cognitive therapy, drug therapy, low-level sound masking, tinnitus retraining therapy and TMJ treatment.

As always, check with healthcare professionals to determine what is safe and advisable for you before making any changes that could in any way impact your health and well-being. Because stress can sometimes exacerbate symptoms substantially, on my website you can find dozens of drug-free stress-relief tips that may also be helpful at [www.relaxintuit.com](http://www.relaxintuit.com)

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