

How to Tame Tinnitus into Submission

Tinnitus-A persistent high pitched screaming only you can hear. You can hear it 24 hours a day, 365 days a year. Sometimes the noise is enough to make you feel you are losing your sanity. In fact, on a lighter note one could call it "a big fat pain in the ear !"

It may be of little comfort to Tinnitus victims, but experts estimate that approximately 17 % of the world's population are currently suffering from Tinnitus. If that isn't enough to worry about, almost 60 percent of those who have chronic tinnitus are dissatisfied with their current therapy.

Learning to accept help from the right people is elementary in your crusade to escape the claws of tinnitus. It is essential that you find someone you trust and are not afraid of. It's hard to find someone that will listen to your troubles and problems, especially when dealing with something as complex as Tinnitus.

Most people will listen to you and feel sorry for you. This is only because they can't begin to comprehend what you are going through. These people aren't ignorant, they are just human beings, to them you are a probably an image of good health.

This is because tinnitus can't be seen from the outside, to the world you look perfectly healthy. I am sure that these people have their own worries too. Some people may appear to not be interested in your problems or they can't grasp the severity of your situation.

Please don't forget, most people can't even start to get a handle on what you are going through.

Fighting Tinnitus often ends up in complete frustration. Tinnitus can only exist if it is fed appropriately and given enough room to breathe. Stress and anxiety just adds more fuel to the fire. Fighting tinnitus can be a futile procedure that will deplete most of your energy. There is an alternative solution.

If you are suffering from chronic tinnitus (with or without hearing loss) you have probably been down every one way road there is in your quest for a cure.

That's it though. There is no patent cure. It's that simple and that complicated.

You are the cure.

This concept sounds too easy to be true. Not only can you learn to accept tinnitus as a part of your life but YOU can teach IT to be a part of YOUR life. You can take control by reducing its importance.

On this note there are a few sayings that spring to mind. "Don't feed the trolls" or "tame the beast".

There is a lot of truth in these words.

Tinnitus can be tamed and manipulated. Tinnitus has incredible power, if you give it authority. Think about what it has achieved by taking over your life. Why not turn the tables and learn from it. Get yourself in the driver's seat and take it for a ride.

My theory isn't based on medical facts. My theory is based on 18 months of misery and depression. At its peak I was suicidal.

Maybe one of the most important steps I took in learning to come to terms with tinnitus was using its power to help me instead of destroying me. Tinnitus is not physical.

It can't be seen under a microscope and it can't be measured accurately. This may seem like simplified thinking, but tinnitus is a power and it can be used.

I used its power to create a new person in myself.

I am using its power to create this very article I am writing. I used it to lose weight, to stop smoking, to stop worrying, to run a small marathon and last but not least...to help others overcome this dilemma.

Nothing has ever compelled me to sit down for hundreds of hours and write a book. Nothing has ever been worth the effort. Yes, there is an easier way out if you are willing to try. The best thing is that you have nothing to lose.

I am not a doctor. I am not a therapist. I am Mr Average.

Source: <http://www.articlecircle.com>

About the Author

Mark Goeder-Tarant lived under the spell of Tinnitus for almost 6 years before realizing that only HE held the key to success. He is now dedicated to supporting and helping other Tinnitus victims at his own site <http://www.tinnitus-online.com>