

# Tinnitus Causes And Their Treatment

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The two symbols at the bottom of the cover stand for the use of homeopathy and a polarity filter (as explained inside).

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## Introduction

Although tinnitus is not a life threatening or even fatal illness, the associated suffering is so intense that people affected find it very difficult to cope with. They desperately turn to therapists who practice methods of healing that are not necessarily recognised by conventional medicine or supported by current research. Time and time again, the expectation of a cure is high, but mostly this ends in a far greater feeling of disappointment.

To me, treatment of tinnitus resistant to therapy is a challenge. I am frequently able to confirm within my work that this illness is indeed curable once the causes are identified; those of which are seldom found inside the ears!

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*Tinnitus can be  
treated*

## **Basic anatomy and physiology**

There are approximately 20,000 auditory or hair cells inside the cochlea, which are motioned by the incoming sonic waves. If these auditory cells are overloaded for only a short period of time by a sound too loud, they will react with a temporary deafness comparable to an acute loss of hearing. Luckily, in periods of quietness, they are able to recover most of the time. However, if there is no time to recover and the strain of noise is too high, irreversible damage occurs. The consequences are partial deafness or chronic ear noises.

The spiral organ with its delicate hair cells is located inside the cochlea, which is the actual hearing organ of the inner ear. The V-shaped outer hair cells are set in rows of three, facing the inner hair cells. Here, the sonic waves are converted into electric impulses and transmitted to the brain. Exposed to strong sonic waves, the delicate hair cells deform and clump together. The use of an electron microscope can reveal the devastation in the spiral organ associated with noise pollution. A ten-hour strain of 110 decibels (dB) causes irreversible damage inside the ear.

## Causes of tinnitus

### Noise

Nowadays, most people are aware that noise means a risk to health. A person who feels disturbed by an environment that is too loud cannot relax and the body reacts to this stress. As a consequence, the cells release an increased amount of adrenaline. Thus, blood pressure is raised, which if sustained can lead to high blood pressure and increased risk of a myocardial infarction.

Even a constant strain of 65 decibels raises the risk of myocardial infarction by 20%. About 2% of all heart attacks are proven to be caused by noise. Thus, it is almost incomprehensible that about 10% of the population are constantly exposed to a noise level of 65 dB!

### Being hard of hearing

This has become a widespread disease. A study by the "Deutsches Grünes Kreuz" (German Green Cross) showed that more than a quarter of all Germans between the ages of 15 and 75 years suffer from impaired hearing. Fifteen percent of the teenagers in this study demonstrated the hearing capacity comparable to a 50 year-old. It is not surprising, being hard of hearing is strongly linked with ear noises.

### Discotheques and rock concerts

Most young people damage their hearing at rock concerts or in discotheques, where the level of noise reaches up to 120 decibels!

A walkman turned to maximum volume makes up to 110 dB. In comparison, protective ear wear is an essential requirement for workers experiencing noise levels starting at 85 dB. Firecrackers used on New Years Eve often reach peak

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*Noise level and  
relaxing*

## ***Causes of tinnitus***

levels and can cause irreparable damage to the inner ear. A toy gun fired right next to the ear can burst the eardrum and therefore is a dangerous toy.

One of my patients received a kiss on her ear and has been experiencing tinnitus since then.

### **Flight noise**

Mainly at night, loud takeoff and landing noises stress the nerves and the cardiovascular system. They can cause hearing defects and partial deafness through constant exposure.

This list of such causes is not extensive, for the oases of silence is becoming increasingly scarce.

## **Further causes**

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***Causes outside  
the ear***

### **Arthrosis of the mandibular joint**

The causative agents of tinnitus may well be outside the auditory system! For example, a cracking ear-noise may occur if the occlusion (bite) is out of angle. Dentists and orthodontic specialists, in particular, have reported on patients with arthritic changes of the mandibular joint. In cases such as these, the tinnitus may be perceived behind the ears, on top of the head, in the back of the head or at one or either sides of the skull. It may be on one side or on both.

### **Paranasal sinusitis**

The cause of ear noises often related to inflammatory reactions of the mucous membrane of the paranasal sinuses.

### **Allergies**

Nowadays, every third person has an allergic reaction to something. Not only the pollen of grasses, but also of trees,



grains and bushes trigger tormenting hay fever, burning and watering eyes, shortness of breath, pain in the throat and ears, cough and a feeling of blocked ear tubes. There are uncountable allergens among foodstuffs and the additives that are used to make food durable. Paint, household and industrial poisons can become allergens as well. The frictional loss of incompatible dental metals inside the mouth often cause allergies to various foodstuffs that are ground and mixed inside the mouth.

**Amalgam and environmental noxious substances**

Amalgam contains at least 50 % of toxic mercury. This heavy metal, originating in dental amalgam, can be responsible for numerous chronic diseases, i.e. visual or auditory defects, depressions, psychoses, loss of hair, speech and motion disorders, infections of the respiratory tract, aching joints, allergies and tinnitus among many others.

However, there are already babies and small children with mercury poisoning who themselves do not have amalgam fillings in their mouths yet. This is caused by a heavy metal contamination through a transfer of the poisonous mercury to the child during pregnancy, or even more likely, via the mother's milk. At the University of Heidelberg Women's Clinic, Professor Dr. I. Gerhardt has carried out a large scientific study on this contamination. The results showed that the more amalgam the mother had in her mouth, the higher was the concentration of mercury in the mother's milk. Connections between the level of secretion of poison and the quantity of amalgam fillings could also be demonstrated in a person's saliva. Amalgam or dental material (anything to stay in the patients mouth) can provoke and maintain ear noises.

Therefore, the search for allergies in the area of the tooth, mouth and jaw regions, which may trigger tinnitus, is of absolute priority.

-----  
*Amalgam*

## *Causes of tinnitus*

These allergies can be caused by any foreign material inside the mouth, particularly all dental material commonly used in tooth restoration and prosthetics.

### **Teeth**

A wisdom tooth that has undergone a root treatment may have a remote effect on the inner ear and can be the reason for tinnitus.

Teeth with dead nerves, granulation tissue and a festering jaw have the same pathogenic effects. They may also cause ear noises by disturbing the function of the auditory system.

### **Blockades and changes in the spinal column**

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*Spine blocks from  
fields of interference*

If a rustling or hissing noise is noticed inside the ears while turning the head or nodding, usually the cervical spine is blocked and the musculature of the neck has turned stiff. If no improvement is achieved through orthopedic or orthodontic treatment, acupuncture may still be helpful. Even if the X-ray picture of the spinal column does not show any major pathological changes and the diagnosis is "normal wear and tear" or "wear and tear according to age" then it should still be investigated for further possible causes.

Every tooth has a relation to a specific section of the spinal column. If it is infected or the nerve supply is disrupted and does not cause pain in the area of the teeth, it may yet be the cause of a pain in the back or in the neck. This works by means of its energetic radiation onto the respective area of the spinal column or even onto other organs, for example, the ears. This is mostly a toxic effect that cannot be recognized easily, because often you will find amalgam under gold crowns or an infection below a root-treated, nerve dead tooth. **Pivot teeth** may have dangerous remote effects as well, if the incorporated material is incompatible.

Sometimes a stiffening of the spinal column can occur if copper is not tolerated, which is contained in most gold alloys. Women should be asked if they have a **copper I.U.D.** for pregnancy prevention because this I.U.D may cause a number of health problems (e.g. cramps), if there is an allergy to copper.

Attention should also be paid to any possible disturbing factors in the area of the head and the abdomen. They may cause an irritation or block of the stellate ganglion (a group of nerves in the upper chest), which in turn causes an inversion of reflexes (vegetative reactions opposite to what they should be). This might lead to the wrong diagnostic conclusions and any therapy may be unsuccessful. Inversion of reflexes may be removed by acupuncture of the ear and this alone often shows great success.

Many years ago, I experienced this when I relieved a patient of her blocked cervical spine through employing this method. Simultaneously, not only did the pain in her neck subside, but also the ear noises disappeared despite being present for five years and unresponsive to conventional methods.

A blocked **stellate ganglion** is a barrier to diagnosis and therapy. It has to be removed, as it would put the success of the therapy as a whole into question. A stellate block usually causes a "crooked neck" or as a "torticollis spasticus," a tremendous painful tightening, reaching from the neck across the side of the head to the ear, where it may create noises. This pain does not respond to the common orthopedic methods of treatment. In most cases stellate ganglion blocks are caused by a malfunction somewhere in the body, often in the area of the teeth, whose effects radiate to other parts of the body.

Using **electro-acupuncture** according to *Voll*, influences of the teeth on health have been found and have been clearly summarized by *Kramer* and others (cf. picture 1)

## Causes of tinnitus

<p>11 frontal sinus - leg - foot - sacrococcyx - epiphysis - psyche/behaviour - hormone balance - urogenital region - kidney - bladder</p> <p>12 frontal sinus - leg - foot - sacrococcyx - immune system - epiphysis - white blood count - lymph - blood formation - kidney - bladder</p> <p>13 palatine tonsil - knee, back side - foot - hip - pituitary gland - lack of concentration - blood formation - eyes - liver - gallbladder - nose</p> <p>14 oculopathy - indigestion - mandibular joint - knee, front side - thyroid gland - pituitary gland - liver - stomach - pancreas</p> <p>15 maxillary antrum - mandibular joint - knee, front side - thyroid gland - pituitary gland - liver - stomach - pancreas</p> <p>16 maxillary antrum - foot - hand - shoulder - elbow - pituitary gland - thyroid gland - lung - large intestine</p> <p>17 maxillary antrum - elbow - hand - shoulder - thyroid gland - parathyroid gland - foot - warmth household - foot - wake and sleep - lung - large intestine - small intestine</p> <p>18 hand - foot - shoulder - elbow - ear - psyche - brain - cramps - small intestine -</p>	<p>21 frontal antrum - knee, back side - foot - leg - coccygeal bone - sacrum - epiphysis - psyche/behaviour - hormone household - urogenitals - kidney</p> <p>12 frontal antrum - knee, back side - foot - leg - coccygeal bone - immune system - leukozytes - blood formation - lymph - bladder - kidney</p> <p>13 palatine tonsil - knee, back side - hip - foot - pituitary gland - blood formation - lymph - bladder - kidney</p> <p>14 eyes - indigestion - mandibular joint - maxillary antrum - knee, front side - pituitary gland - thyroid gland - liver - stomach - spleen</p> <p>15 mandibular joint - maxillary antrum - foot - hip - knee, front side - indigestion - thyroid gland - thymus - pancreas - stomach - spleen</p> <p>16 maxillary antrum - hand - foot - shoulder - elbow - pituitary gland - thyroid gland - large intestine - lung</p> <p>17 maxillary antrum - shoulder - elbow - hand - foot - thyroid gland - warmth - parathyroid gland - sleep/wake - lung - large intestine - small intestine</p> <p>18 elbow - hand - foot - shoulder - cramps - ear - brain - psyche - small intestine - heart</p>
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<p>31 frontal antrum - knee, back side - foot - leg - coccygeal bone - sacrum - epiphysis - psyche/behaviour - hormone household - prostata - uterus - kidney - bladder</p> <p>32 frontal antrum - knee, back side - foot - leg - coccygeal bone - sacrum - immune system - leucozytes - lymph - testis - ovary - bladder - kidney</p> <p>33 palatine tonsil - eyes - knee, back side - foot - hip - lack of concentration - blood metabolism - gonad - liver - gall bladder</p> <p>34 mandibular joint - maxillary antrum - knee, front side - foot - veins - indigestion - gonad - pancreas - liver - stomach - spleen</p> <p>35 mandibular joint - maxillary antrum - inguinal region - knee, front side - blood circulation - indigestion - thyroid gland - pancreas - spleen - stomach</p> <p>36 pituitary gland - foot - hand - elbow - shoulder - rheumatism - veins - lung - large intestine</p> <p>37 foot - hand - elbow - shoulder - sleep/wake - warmth household - arteries - lung - large intestine - small intestine</p> <p>38 ear - foot - hand - elbow - shoulder - energy household - cramps - nerves - small intestine - heart</p>	<p>41 frontal antrum - knee, back side - foot - leg - coccygeal bone - sacrum - epiphysis - psyche/behaviour - hormone household - prostata - uterus - kidney - bladder</p> <p>42 frontal antrum - knee, back side - foot - leg - epiphysis - coccygeal bone - sacrum - immune system - leucozytes - lymph - testis - ovary - bladder - kidney</p> <p>43 palatine tonsil - eyes - knee, back side - foot - hip - lack of concentration - blood metabolism - gonad - liver - gall bladder</p> <p>44 mandibular joint - maxillary antrum - knee, front side - veins - indigestion - gonad - pancreas - liver - stomach</p> <p>45 mandibular joint - maxillary antrum - lymph - inguinal region - knee, front side - foot - hip - perfusion problems - indigestion - thyroid gland - pancreas - stomach</p> <p>46 foot - hand - elbow - shoulder - pituitary gland - rheumatism - lung - veins - large intestine</p> <p>47 foot - hand - elbow - shoulder - sleep/wake - energy household - cramps - nerves - small intestine - heart</p> <p>48 ear - foot - hand - elbow - shoulder - energy household - cramps - nerves - small intestine - heart</p>
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Compiled by Dr. Peter Berthold according to Voll, Solimann, Gleditsch, Angerer, Mandel, and own experience. This is a selection of the items found. Interaction works both ways. The assignments are not compelling, they are of high probability. Other interactions are possible in individual cases.

Further german literature: Dr. R. Voll: Tabellen über energetische Wechselbeziehungen von Ohrdönen zu Organen und Gewebesystemen (ISBN 3-981139-069-4) und Dr. J. Gleditsch: Reflexzonen und Somatotopien (ISBN 3-9211988-37-3)

**Otoxic causes**

Ototoxic substances are understood to be medications that have a toxic effect on the function of the ears and the hearing. Our sensory organs can be negatively influenced by toxic material and by numerous drugs, which can either cause or increase tinnitus. In particular, intoxication by medication, heavy metals, dental material and by environmental toxins (such as wood preservatives, pesticides and food additives etc.) is often overlooked as the trigger or cause of tinnitus. We cannot pay enough attention to what is said in the usage instructions. The rate of success through treatment of the toxic contamination after a tooth restoration and/or drainage of the toxic agents is especially high. A database lists these agents. Unfortunately, it includes a large number of medications and environmentally noxious substances, industrial toxins and those toxins found in the home, amongst many more.

Indications of the toxic effects of medication are not fully known and thus not completely appreciated. Since the con-tergan tragedy (heavy deformations to newborn caused by that medicament) the pharmaceutical industry has made an effort to list all kinds of possible side effects of medication. Therefore, people tend to feel very insecure and hardly dare take a prescribed drug. Unfortunately, ear noises are in most cases not mentioned as a potential side effect on the instruction leaflet of such drug that are known for sometimes causing tinnitus.

Patients have to be protected from being harmed by the therapy. This demands rigorous methods of testing for all prescribed medication on the very person. If success of the therapy could be predicted and verified from the start, patients could be treated considerably more economically, saving a lot of money in the healthcare system and society as a whole. Luckily, this is possible, as I will explain.

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*Medicaments with  
toxic effects*

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*Methods for testing  
needed*