

Tinnitus, Meniere's Vertigo & Sound Therapy

What is tinnitus?

Tinnitus is the condition where a phantom noise is heard inside the head. It may be continuous or intermittent, loud or soft. The sound can be anything from ringing to buzzing, hissing, rustling or roaring.

What causes it?

There are various theories about what produces the experience of tinnitus. Some of the most accepted ones are as follows:

- Damage to the sensory cells in the inner ear, which receive sound. If these hair like cells are bent over and touching each other they may produce a short circuit, causing the phantom noise
- Congestion or imbalance of fluid in the inner ear chambers
- Hyperactive brain cells

Factors which cause tinnitus to develop are: exposure to excessively loud or prolonged noise, certain prescription drugs, ear infections, misalignment of the jaw.

How can I avoid getting it?

Obtain a list of drugs known to cause tinnitus (from the Tinnitus Association in your State) and avoid taking them. Wear hearing protection if you are exposed to loud noise.

My doctor said I have to live with it

Unless you have a condition that can be helped by syringing the ear or surgery, your doctor may tell you that there is no way to relieve your tinnitus. If so, please tell your doctor about Sound Therapy.

How Sound Therapy may help

The middle ear contains two tiny muscles, which play an active role in the functioning of the ear. Dr Tomatis believes lack of tone in these muscles means that the ear loses its ability to recognise certain frequencies of sound, so these sounds never reach the inner ear. The ear's ability to adjust and balance the fluid pressure in the inner chambers is also impeded if the stapedius muscle is not fully functional. The Electronic Ear, used in the recording of Sound Therapy, challenges the ear with constantly alternating sounds of high and low tone. At the same time, low frequency sounds are progressively removed from the music so the ear is re-introduced to high frequencies possibly improving the tone and responsiveness of the middle ear muscles. Dr Tomatis says that once the ear opens to high frequency sounds, the sensory cells in the inner ear can be stimulated and restored to their upright, receptive position.

Sound Therapy may help tinnitus sufferers in the following ways:

- Rehabilitation of the ear, resulting in the reduction or stopping of the tinnitus in many cases
- Improved sleep
- Reduced stress
- Improved energy levels and the ability to

communicate, thus encouraging the person to take up activities and stop focusing on the tinnitus

Meniere's vertigo

Dr Tomatis has proposed that Meniere's vertigo which produces attacks of dizziness is also due to an anomaly in the tension of the stirrup muscle. This muscle may be subject to involuntary twitches, like any other muscle in the body. Such twitching would radically alter the fluid pressure in the inner ear chambers, thus causing havoc with the balance mechanism. The re-toning of the stirrup muscle achieved by Sound Therapy has been known to resolve this condition.

Does it really work?

Not every case of tinnitus can be relieved, but numerous listeners have reported that Sound Therapy stopped or relieved their tinnitus where nothing else would work. It has worked for people in their eighties and their teens, people who have had tinnitus for over thirty years and those who have just the beginnings of intermittent tinnitus. The length of time it takes to achieve results varies from twentyfour hours to fourteen months. Usually more severe cases take longer, so it is advisable to persist with the therapy for at least six months.

Studies on tinnitus

Eric Jordan, M.I.S.T., Chief Audiometrician, Audiology Department, Royal Albert Infirmery, Wigan England, has a special interest in tinnitus sufferers and the deaf. He conducted double blind tests with Sound Therapy over a two year period. He reported a high degree of success with tinnitus patients and Meniere's patients. He writes: "what happens with Sound Therapy and tinnitus as far as I can surmise, is that it re-vitalises the brain cells which have been the cause of brain cell hyperactivity. Such hyperactivity is caused by stress, anxiety and depression. Sound Therapy has succeeded where Tinnitus Maskers have failed because it has a soothing effect on the body as a whole, calms the mind and revitalizes the rundown brain cells."

The results of a listener survey conducted by Sound Therapy International indicate that 96% of tinnitus sufferers who persevered with the listening felt they benefited from the therapy.



For more information on Sound Therapy for tinnitus it is recommended that you read the book *Triumph Over Tinnitus* by Rafaele Joudry available from good bookstores or from **Sound Therapy International Pty Ltd**



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