

# Nutrition, Hearing and Tinnitus (Ringing)

Jim Golick CCN, LDN

Hearing loss affects more than 28 million Americans, and is one of the four most prevalent chronic conditions in the elderly. While some research on hearing and nutrition is very new, some studies go back as far as the 1930's and 1940's.

Tinnitus (tin-NY-tus) is abnormal ringing, roaring, clicking, or hissing sounds. Tinnitus is associated with many forms of hearing loss. It can also be a symptom of other health problems. According to estimates by the American Tinnitus Association, at least 12 million Americans have tinnitus. Of these, over 1 million experience severe forms that interfere with daily activities, making it difficult to hear, work, or sleep.

## What causes or contributes to hearing loss and tinnitus?

- **Loud noise.** Too much exposure to loud noise can cause noise-induced hearing loss and tinnitus.
- **Medicine.** More than 200 medicines can cause tinnitus. Ask your doctor or pharmacist if your medicine could be involved.
- **Other health problems.** Allergies, infections, tumors, cardiovascular problems, and TMJ.
- **Stress & tension**
- **Stimulating foods and drinks (caffeine in coffee, tea, and cola)**
- **Spicy foods**
- **Smoking and alcohol**
- **Aspirin and other high salicylate foods such as almonds, berries, and wine**
- **MSG (monosodium glutamate), autolyzed yeast extract, hydrolyzed veg/ corn/wheat/soy protein**

## Try some of the following ideas:

- Drink one cup of juice made with celery and grapes, twice a day.
- Eat brown rice cereal with black beans and azuki beans once daily.
- Eat a diet low in fat, cholesterol, and sugar, and high in complex carbohydrates.
- 
- **B-Vitamins:** Supplementing B vitamins, especially B12, B6 and B5 (pantothenic acid), often improves ear ringing. Research has shown that a high percentage of people with tinnitus are deficient in vitamin **B-12**. Vitamin B12 deficiency has been reported to be common in people exposed to loud noise on the job who developed tinnitus and hearing loss. Try 1000 mcg B-12, and 50-100 mg B-complex.
- 
- **Zinc:** Zinc supplements have been used to treat both tinnitus and hearing loss (usually age-related). Of those who had initially low serum levels of zinc, about 25% experienced an improvement in tinnitus after taking zinc for three to six months. Try 30 mg zinc once or twice daily. Take an extra 1 to 3 mg copper to balance it. Do not take more than 80 milligrams daily without medical supervision.
- 
- **Vitamin A 10,000-25,000 IU. (Avoid excess Vit A during pregnancy)**
- **Vitamin E (d-alpha with gamma tocopherol): 400 IU.**
- **Calcium and Magnesium with 2000-4000 IU Vitamin D.**
- **Fish Oil capsules: 3-6 per day.**
- **Acetyl L-Carnitine 500mg (also aids brain function and memory)**
- **Alpha Lipoic Acid (The Universal Antioxidant): 100-600 mg**
- **Homeopathic remedies** can be very helpful. Go to this link:

<http://www.tinnituswars.com/index.aspx>