

There is probably no illness today which causes such widespread suffering as tinnitus. Out of 40 million Americans with tinnitus, 15 million are incapacitated—many at the point of suicide. Most of this suffering and pain is caused by a lack of understanding regarding the underlying causes of tinnitus. Many individuals with tinnitus don't realize they have nutritional shortcomings.

Imagine the constant explosion of a construction crew's jackhammer that doesn't seem to stop at the end of the day, or the thunder of a jet taking off with a roaring echo that never seems to fade. Imagine the sound of thousands of telephones ringing in your head, or the never-ending buzz of hundreds of insects in your ear.

These are some of the nerve-wracking sounds heard by millions diagnosed with tinnitus. Tinnitus is a chronic malady, affecting one or both ears and striking men and women at any age.

The ear is very sensitive to toxic insults. Drugs, vitamins, and environmental toxins bombard it daily and wound the nerve cells (neurons) and ear-brain transmission channels that result in hearing without tinnitus or other distortions. You can overcome your environment. You can rise above the negative influences of a toxic and stress-filled world.

Ask yourself these questions: Do you have difficulty understanding people in noisy surroundings? Does your tinnitus make it hard to sleep or concentrate? Do you experience intermittent vertigo or dizziness? Do you have the sensation of fullness or pressure in your ears? Do loud sounds irritate you when they don't seem to bother anyone else? Any one or more of the above signs and symptoms could indicate that the cells in your ear and brain are suffering from a lack of energy-supplying nutrients.

Are you sick and tired of hearing "learn to live with it" or "nothing can be done?" Don't just sit there idly and suffer! Be optimistic, and take positive action. Improving your health takes effort. When you do this, you will enter into a rhythm of emotional alignment where your entire body—your brain, ears, heart, and digestive organs—are connected to your inner physician.

Learn how to Upgrade Your Health and Neural Hardware to Hear and Feel Better!

Tinnitus-Free Naturally

You don't have to live with Ear Noises



Paul Yanick, Jr., Ph.D., N.D. C.N.C.

Excerpts from the e-book:

"For over three decades, I searched for solutions to tinnitus and other nerve-related disorders. Believe it or not, the solutions rarely involved targeting the inner ear. The inner ear must be considered as part and parcel of the brain and entire body for any approach to work. Nearly all tinnitus sufferers have functional deficits in their lymphatic system, liver, brain, and digestive system. Their brain is actually starving for special nutrients that are only found when the digestive process is optimal. I performed thousands of objective tests to confirm that these patients could not digest nor assimilate nutrition into the brain and inner ear."

"It actually took me over three decades of searching to uncover the startling truth, and with it the fallacies of many popular nutritional approaches. As it turned out, many of these nutritional approaches made matters worse in ear cases. Like putting together hundreds of tiny pieces to a gigantic jigsaw puzzle—with each discovery adding another piece to the puzzle—the clinical picture of the specific brain-ear nutriture became clearer and clearer, and today, in this e book, it is crystal clear!"

What medical experts have stated about Dr. Yanick's pioneering research in the 70's and 80's on ear disorders:

"Dr. Yanick's symposium may signal a rejuvenation of medical otology which has languished during a remarkable half century of microsurgical innovation of hearing impairments. Dr. Yanick deserves enormous credit for his courage in organizing this meeting."

George E. Shambaugh Jr, M.D (deceased) Former Professor of Otolaryngology at Northwestern University

"The ear is a living organ and nutritional-biochemical factors maintain a structure and provide energy for its function. If conventional treatment, including hearing aids and tinnitus maskers, fails to provide relief from tinnitus, then think nutrition." **Hallowell Davis, M.D.**, (deceased) past researcher at the Central Institute for the Deaf

"Dr. Yanick describes the very important role nutrition plays in causing tinnitus. Ear specialists have largely ignored nutrition as a causative factor in ear problems. His work describes the diet and nutritional changes needed to improve the tinnitus problem."

Jonathan Collin, M.D. – Publisher, Townsend Letter for Doctors

"Dr. Yanick in his books and scientific publications has authoritatively and clearly made the case for the environmental and nutritional causation of tinnitus. Every patient with tinnitus should listen closely to Dr. Yanick." **Robert Mendelsohn, M.D.** – (deceased) known as the People's Doctor in the 80's

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