

# Tinnitus

## Model discussion

### Reason:

- Psychogenic stress (e.g. workload, work conditions, etc.)
- Emotional stress (e.g. job, family, social, environment, etc.)
- Stress noise (e.g. disco, street noise, work noise, continuous noise etc.)
- Acoustical stress (e.g. listening to loud music with headphones, etc.)
- Stress from hyperacusis (e.g. rattling, creaking, clinking, etc.)
- Stress from overstimulation (e.g. senses absorb too many stimuli)

### Effect:

- Due to the stress load, stimuli are absorbed and also triggered themselves.
- These lead to tension in the muscles (neck, etc.)
- And so cause tension in different areas of the body.
- In the ear, this leads to spastic tension in the inner ear.
- The capillaries of the hair cells are narrowed and no longer adequately supplied with nutrients (sudden hearing loss).
- If the nutrient supply is reduced for a longer period of time, this leads to the death / adhesion of hair cells, and thus to hearing loss in this area.

### Short-term measures:

- Increase fluid intake (balance WATER balance in the body)
- Stress reduction
- Relaxation
- Supply of substances to reduce spasm (antagonists)
- Physical exercises to release tension

### Medium-term measures:

- Application of neuropathic procedures for tinnitus relief
- CMD solutions
- Osteopathy
- physical therapy

### Long-term measures:

- Stress reduction
- Relaxation techniques
- positive stress in normal quantity OK
- avoid negative stress
- Stress hygiene
- Noise hygiene

**Model:**

- The brain needs auditory stimuli
- even when it is at rest. In the absence of a hearing stimulus due to hearing loss, the brain generates the so-called phantom sound (tinnitus) in the missing frequency range ("silent chamber")
- The phantom sound is generated by self-stimulation of the afferent and efferent nerves in different areas
- This leads to a resonance vibration (phantom tone) through virtual oscillation of different tones
- This phantom sound "burns in" (similar to phantom pain)
- In the brain vs. nerves control circuit, the volume (amplitude) of the frequency is also adapted and changed for a short time, then leveled back to the initial state (turning the head in tension)
- In neuroplastic programming, the areas before and after the tinnitus frequency are raised, and in the area of the tinnitus frequency, they are lowered
- The so-called "scorch trace" is "washed out" and leads to a reduced perception of the tinnitus.

**Discussion:**

- Stimuli are not only picked up by the ear, but by the whole body.
- Overstimulation by radiation (mobile phone), auditory, acoustic, tactile, gustatory, etc.)
- Sudden hearing loss → The body protects itself by damping the hearing system

## Therapy:

- **ORAK**  
→ Reduction of external influences
- **Swapping**  
→ Alignment / rearrangement of left / right brain areas
- **Vibration, heat, laser light stimulation**  
→ Release of tension in the inner ear
- **Stimulation of the vagus nerve with TENS**  
→ Stimulation for activation and subsequent calming down
- **Eye muscle training**  
→ Training the attention areas visual areas
- **Exercises with the hedgehog ball**  
→ Training the attention areas and tactile areas
- **Noise (White Noise)**  
→ Training the attention areas auditory areas
- **Memory training**  
→ Training the attention areas mnemonic
- **Chi machine**  
→ Loosening muscles
- **Energy balance**  
→ Relaxation and balance of energy in the entire body
- **Listening to frequency-adjusted music**  
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