



Tinnitus Retrain

Learning to Listen Beyond Tinnitus

CURE FOR TINNITUS

I hate to use the word cure when it comes to tinnitus I think it's misleading and somewhat cruel. Cure tends to conjure up images of a magic pill or an elixir. Where one day you have tinnitus, the next day, like magic it's vanished!

I think the word cure in the context of tinnitus is often misused.

Unfortunately most of society lives with a quick fix mentality, I don't want to feel what I am feeling, so give me a pill and make it work yesterday!

It's not our fault, we are subconsciously programmed to think this way, for behind this mentality is a colossal and very clever business model. A business that often knows how to tune into our wishful thinking our misery and our desires. Sometimes we have to be careful what we believe and what we wish for, as it all comes with a cost.



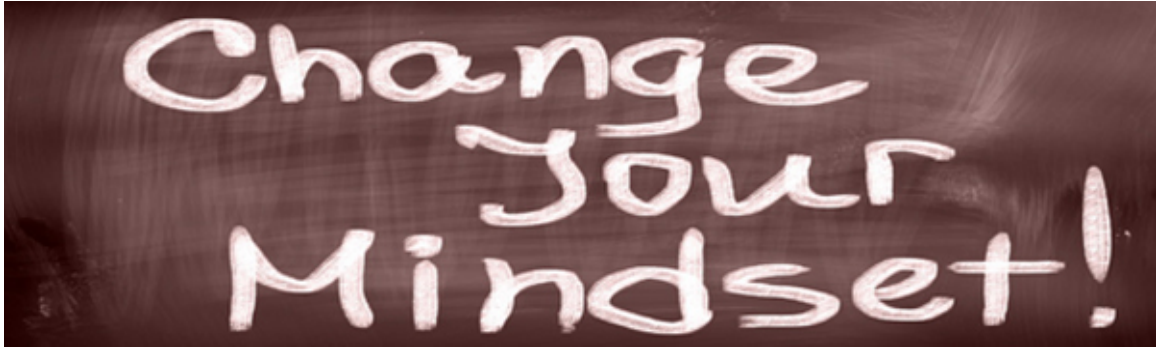
WHEN IT COMES TO TINNITUS TREATMENTS IF IT SOUNDS TOO GOOD TO BE TRUE, IT PROBABLY IS

I'm sorry to say, but when it comes to tinnitus the "give me a pill and make it work yesterday" mentality will only lead to more despair and bitterness down the road (and this is coming from someone who has tried everything!)

But do not let this discourage you! I did not say that you have to endure the ravages of tinnitus for the rest of your life, quite the contrary. It just won't happen overnight.

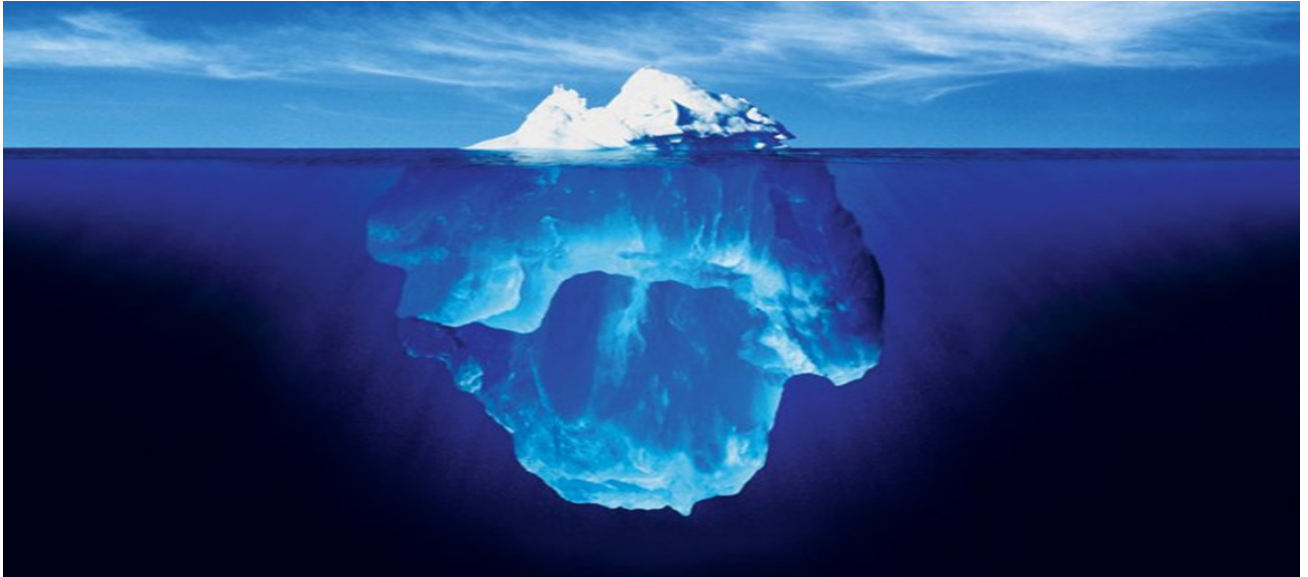
We've already covered the pathology of tinnitus in previous articles on this site. And we know that masking, or dulling the senses will only cause system deficit elsewhere in the body.

We must embrace the fact that we have evolved over millions of years into extremely adaptable, malleable beings with extremely strong, resilient, elastic minds capable of incredible feats of change.



WANT A REAL TINNITUS CURE? TRY SELF-HABITUATION

Studies show that approximately 50% of Tinnitus sufferers are psychologically affected by their condition. The emotional impact can range from simple annoyance and anxiety to more severe conditions like panic and depression. For over 20 years Cognitive-Behavior Therapy has been used to effectively treat the emotional consequences of Tinnitus. Using forms of Cognitive-Behavior Therapy, in conjunction with the other techniques and lifestyle changes in our TRS Tinnitus Retraining Therapy system, can have an extraordinary results. It can enhance, compliment, and add to the effectiveness of this already comprehensive and holistic program.



**THE ICEBERG HAS FAR MORE BENEATH THE SURFACE.
GET READY TO SUPER CHARGE YOUR MIND.**

Cognitive-Behavior Therapy

Cognitive-Behavior Therapy, along with the other effective and important practices in the Tinnitus Retrain Program, plays an important role in the management and eventual habituation of Tinnitus. The restorative stand-alone methods in the Tinnitus Retrain program form a powerhouse of healing potential, helping reverse the negative impact of Tinnitus on your psychological health and quality of life.

And when all of the methodologies from the seven fundamental pillars are combined, we get a more rounded and strengthened “habituation” process one that implements both mind and body. And the gradual reduction in the perception of your Tinnitus is the result.

Through self-habituation you train yourself to “ignore” the Tinnitus sounds, eventually rendering it non-existent. While

all of the exercises in the Tinnitus Retrain Program promote habituation, Cognitive-Behavior Therapy also helps to address additional side effects of Tinnitus, such as anxiety, anger, and depression.

STEPS FOR TREATING TINNITUS



UNFORTUNATELY MANY SELF-PROCLAIMED EXPERTS IN THE FIELD OF TINNITUS ARE UNINFORMED

In your search to understand your Tinnitus, it is likely that you have fallen victim to some of the many common misconceptions. And perhaps you've read the words tinnitus cure, attached to some unusual products or practices.

Unfortunately, many self-proclaimed “experts” in the field are misinformed, therefore misleading suffering individuals. In order to correct these misconceptions and empower you, the Tinnitus Retrain System begins by educating you about your tinnitus. The emotional impact on your wellbeing, the physical implications, its origins and how and why it manifests like it does.

We discuss the readily available options for optimal tinnitus management. Additionally, we explore the relevancy and role of stress and stress management.

(On the contrary if you have found a quick and easy Tinnitus Cure out there, good for you! We are not in the business of lambasting or denying anyone’s experience, product or service)

As you know, Tinnitus is an insidious condition, one that not only affects the ear, but your whole sense of peace and wellbeing. This is why the emotional aspect of our health should be paramount when addressing a Tinnitus solution.



Break the Cycle of Suffering

Evidence suggests that these negative emotions may activate a cyclical process, which can further intensify the negative effects of Tinnitus.

Simple and highly effective techniques can help to break the cycle, reversing its ill effects. The holistic approach and the combination of methods in the Tinnitus Retrain System provide an easy to implement, daily program using progressive therapies. These methods promote a relaxed, accepting, and suggestive state that will be fortified and imbedded as the days go on.

Misunderstandings about Tinnitus

Getting your facts straight will help you deal with Tinnitus. Incorrect information can lead to an intensification and an exaggeration of symptoms and thoughts, resulting in a dysfunctional thinking pattern. These negative and damaging patterns only serve to increase the hopeless emotions associated with Tinnitus, further preventing acceptance and strengthening distress.

We might actually be doing more harm than good when searching out a quick fix cure for our tinnitus.

Because when the psychological stress of disappointment and despair hit you once more when xyx pill isn't working, this can have a compounding effect on ones psychological state, adding to an intensity of awareness of your tinnitus.

The goal of the Tinnitus Retrain Program is to approach Tinnitus with a realistic, effective and positive attitude, allowing you to take back your life.

The reality is if we want to change our tinnitus we first must change our perception and only then can we can take further action in banishing tinnitus from our lives.

There is a tinnitus Cure but it isn't in the form of a pill and it will not come via external forces, neither will it come from

denial or wishful thinking. The tinnitus cure is within you, it starts by accepting and it ends with letting go.

EXPOSURE AND MINDFULNESS



MOST RELIABLE MENTAL HEALTH TREATMENT FOR TINNITUS

Many of the treatments in the Tinnitus Retrain System happen to be the most reliable mental health treatments for Tinnitus. Although Tinnitus exposure might seem counter intuitive, acceptance and mindfulness techniques work wonders over time.

Controlled exposure helps the mind detach from the tinnitus and reengage in life.

We use the physical body as a refocusing tool and a means to dissipate stress. With the techniques and methods in the

Tinnitus Retrain System, you will learn to listen beyond tinnitus and over time the ringing will fade into the background for good.

Is this a tinnitus cure? Well, only you can be the judge of that.

**TODAY IS THE DAY YOU REALLY, STOP, LISTEN AND
TAKE ACTION**

GET YOUR [TINNITUS RETRAIN SYSTEM](#) COPY NOW!!