



A SIMPLE, PROVEN AND EFFECTIVE, SELF-TREATMENT FOR TINNITUS HABITUATION

When I would tell people that I used to suffer from tinnitus, they'd look at me as if I was crazy. They didn't believe that tinnitus was something you could *suffer* from. After all, it's just that funny ringing sound in the ears, right? How bad can that be?

They obviously had never tossed and turned through sleepless nights. They had never felt exhausted straining to follow a simple conversation. They had never experienced pressure and pain. They had never waded through a mental fog day after day. They had never gone through what you're going through.

But I did. I know that sometimes, tinnitus feels like a giant boulder blocking the river of your life. But it doesn't have to be that way.

When I was first diagnosed with tinnitus, I was devastated. My doctors told me there was no cure.

Then I met an amazing man - a retired ear, nose, and throat specialist who, due to a shooting range accident, had lived with what some would consider an intolerable level of tinnitus for *over 27 years*. Yet he wore no hearing aids, he had never had surgery, he took no pills -- and he was perfectly healthy and happy.

This man guided me on a journey to beat tinnitus, and on the course of that journey, I developed an all-natural, holistic method of self-treatment called the **Tinnitus Retrain System**. It worked for me, and I know it can work for you, too.



The secret of the **Tinnitus Retrain System** is based on three pillars:

- understanding what makes your tinnitus unique
- recognizing how you respond to it, and
- learning how to live with it

It wasn't always easy, but through this system, I was able to craft a battery of techniques and lifestyle changes that allowed me to effectively rewire my physical and mental response to tinnitus, balance my nervous systems and bypass my condition. In the process, I got in touch with my body and mind in a way I had never thought possible. Without even realizing it at the time, I learned a new, healthy, balanced way to life. Now, I live a peaceful harmonious lifestyle I could never have dreamed of. You can experience it, too.

There are a lot of snake-oil salesmen out there who will try to sell you a "cure" for tinnitus. My doctors were right about one thing: there *is* no cure. That boulder isn't going away. But you *can* learn to flow *around* it and move on, to a better life. Learn how with the **Tinnitus Retrain System**.





THE TINNITUS RETRAIN SYSTEM YOUR LIFE, YOUR WAY

Sick of Tinnitus Running Your Life? Sick of Tinnitus Ruining Your Life?

I was too. That's why I created the **Tinnitus Retrain System**—a holistic, all natural, safe, self-habituation system for Tinnitus eradication. Restore your hearing, restore the peace, and restore your balance. And best of all? Keep that intense and annoying ringing and buzzing at bay for good. Take back your hearing, learn to override tinnitus and take back your inner peace and give Tinnitus the silent treatment for a change.

Why It Works

Tinnitus is a multi-faceted condition, which straddles the physical, psychological and emotional realm. That is why it cannot be approached with a "one quick fix" mentality. By taking a completely subjective view of tinnitus we can divide it into three categories; how an individual develops tinnitus in the first place, how an individual responds to tinnitus and how that individual lives with tinnitus.

Too Good to Be True

You might be thinking, "what's the catch?" Well here it is. My method takes a certain amount of commitment and willpower on your behalf. The program will guide you, but the rest is up to you. The question is, are you ready? Have you had enough?



The Tinnitus Retrain System Difference

There are no drugs, no pills, no extreme fasts, no detoxes, no herbs or anything of an extreme nature associated with this program. By locating and addressing the true source of your discomfort, you join a very elite few who have managed to treat their Tinnitus by breaking the habitual pattern of their suffering. Once you have mastered this, there is no going back—for you have essentially rewired your system.

Our Tinnitus Retrain System:

- Is the only video assisted program of its kind on the market
- Facilitates learning skills
- Creates peace of mind
- Does not rely on audio therapies
- Does not rely on psychiatric treatments
- Does not require risky, painful surgeries
- Does not use drugs, herbs, diets, detoxes or fasts
- Works on all types of Tinnitus
- Is 100% safe and easy to adopt

Cure Tinnitus Permanently

People who depend on medication or complicated therapies for relief tend to fall back into tinnitus despair. They are dependent upon external factors to treat something that originates from within. When



treating tinnitus in any way that does not take into consideration the body's relationship with the noise, you create a fragile situation—one that is set up to eventually fail. Repairing weaknesses, strengthening and balancing the system and covering all the bases assures you a tinnitus free future. We've covered the bases, now it's up to you to hit that home run.

As the saying goes, healthy body, healthy mind. This program does take into consideration the whole organism, from connective tissues to the power of your thoughts. The Tinnitus Retrain System focuses on 7 powerful processes that must be taken into consideration and worked upon for complete health and eventual tinnitus eradication. It is all-natural, safe, and most importantly—effective. Once you embark on the Tinnitus Retrain journey, you'll realize exactly what you've been missing.

TINNITUS RETRAIN



THE PILLARS OF THE TINNITUS RETRAIN PROGRAM



Tinnitus Doesn't Just Affect Your Life— Your Life Affects Tinnitus

Approaching it the same way you would the common cold will not only fail, but also encourage system deficit elsewhere in the body. It is not a reductionist phenomenon; it's a holistic phenomenon. To treat Tinnitus, we treat the whole person—all facets that make up true health, mental, physical and spiritual wellbeing.

So Where Do We Begin?

First and foremost, we must grasp the Three Fundamental Principles of Tinnitus in order to successfully achieve habituation. Having a clear understanding gives us a firm foundation for planting the Seven Pillars of Tinnitus Health. These primary principles are, how we developed Tinnitus in the first place, how we perceive tinnitus, and how we ultimately choose to live with tinnitus.



Why Seven Pillars?

In order for this task not to appear overwhelming, we've broken down the program into segments and called them pillars. Like a house, a strong body and mind need a healthy foundation. On top of which are needed strong pillars to support a roof—these seven pillars make up our vital systems.

Once you understand what the seven pillars are and how they work with one another, you'll have a true picture of holistic health. The jigsaw puzzle will be complete, you'll understand and experience for yourself how the body systems integrate, support and work in harmony with one another. Returning you to your "natural state."

Relax, Enjoy, and Experiment

We recognize that everyone is different; a different body, different needs, different abilities. That's why we have made this system safe and fully customizable. However, to really change your situation, you have to commit. Our program is designed to be fun. It's not a chore, it's not a hassle and neither is it difficult, but it is up to you to engage and commit. We aid and encourage you to keep a tinnitus journal to track, monitor, and frequently refer to during the program—keeping you motivated and actively engaged in the process.



LEARNING TO LISTEN BEYOND TINNITUS



What is 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 the Tinnitus Retrain System, can have an extraordinary effect. It can enhance, compliment, and add to the effectiveness of this comprehensive and holistic program.

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.

When all of the methodologies from the seven fundamental pillars are combined, we get a more rounded and strengthened “habituation” process that implements both mind and body. The gradual reduction in perception of the tinnitus sound diminishes over time.

Through self-habituation you train yourself to “ignore” the tinnitus sounds, 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

In your search to understand your tinnitus, it is likely that you have fallen victim to some of the many common misconceptions. 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 tinnitus.

To begin, we cover the current medical thinking about tinnitus and its effects on emotional wellbeing, along with the range of options for optimal management. Additionally, we explore the relevancy and role of stress and stress management.

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. 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 help break this 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. This method promotes 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 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. 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.

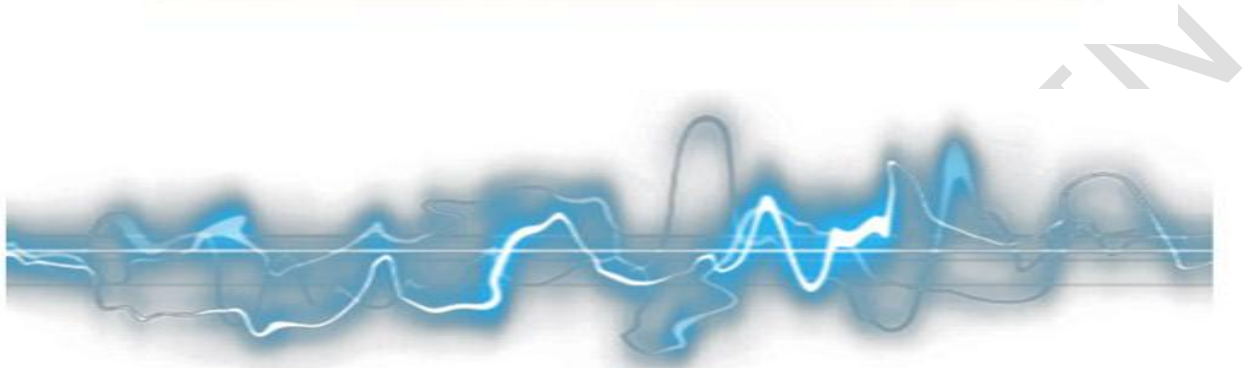
Exposure and Mindfulness

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. Exposure helps the mind detach from tinnitus sounds and re-engage in life.

These techniques help promote acceptance, mindfulness, and relaxation in a mutually beneficial way to both the mind and the body. 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 it will fade into the background for good.



HYPERSENSITIVITY AND STRESS



You might not be aware of this, but in total silence, most people experience tinnitus. An experiment conducted in the 1950's found that 93% of participants reported hearing noises, even though they were in complete silence. Your eyes react the same way when in total darkness. They adjust, dilate, and do everything in their power to help you see—automatically.

The truth of the matter is that our ears work all the time and only relax once they have latched onto harmless background noise. It's part of our evolution. We feel safe when our senses are familiar and relate with our environment. So, if it is completely silent, most people's hearing intensifies until it becomes hypersensitive and starts detecting internal nervous information. This is what is called **"hypersensitivity."**

The entire process activates a stress response in your system, and increases your internal auditory hypersensitivity. Ask yourself, why are people with tinnitus constantly aware of their tinnitus, when most of the population is blissfully unaware of it? More importantly, why has the tinnitus victim's hearing become so sensitive and latched onto internal sounds?



Right this second, you might not feel anxious, but your central nervous system is idling in a constant state of red-alert. Under the surface, your whole system has locked itself into a state of emergency, as if it senses that there is a threat that is ever-present. This is a very subtle and silent process called stress!

Stress releases hormones, most notably adrenaline. These chemicals keep your entire system locked into a stress state. So why does your body get into this state in the first place?

If you can recognize the patterns in yourself, you can prevent them.

The key to understanding tinnitus for a vast majority of people is learning to understand your body's relationship with stress. When you have high levels of stress hormones surging through your system, your body senses an emergency. Although you might not be aware of it, when your senses become heightened, your sense of hearing becomes acute. Sound familiar?

With the increase of stress hormone levels, you become much more reactive to the world around you. This is an ancestral survival mechanism that has evolved into your nervous system, for protection. So when danger appears, you don't have to think about protecting yourself.

Tinnitus is bound up with this response. This is why most people start complaining about noises in their head after periods of high levels of stress. Too much stress, releasing cortisol and adrenaline, over a long period of time can give you Tinnitus, along with a myriad of other conditions.

So, what about the hard of hearing? If one is hearing impaired, partially deaf or completely deaf, every time they strain to hear they are increasing that hypersensitivity. When the brain does not get



enough information from the external world, it tries to increase its receptivity by raising the inner volume. This is why the vast majority of people with hearing loss quite often experience tinnitus.

It's akin to setting a tape-recorder volume too high. Not only do you record the intended noise, you also record the buzzing, humming, clicking coming from the machine itself. Tinnitus can be looked at like this—you are hearing the noises of the nervous system, on top of sounds coming in from the world around you. Now, for those who are hard of hearing or hearing impaired, stop straining to hear! You are only making yourself more prone to Tinnitus.

Getting to Grips with Stress Hormones

There is a place for stress hormones. These hormones, which heighten our awareness, also save our lives. Understanding them, controlling them is a vital tool towards tinnitus eradication and our general health. It's a proven fact that acute stress or shock, which produces large amounts of adrenaline, can literally divert blood flow from the cochlea and make you temporarily deaf!

Stress hormones cause you to become hyper aware to nervous impulses that you normally would not pick up or respond to. If your adrenaline and cortisol levels were to balance out, your sensory perception would become less acute, and your tinnitus would ease.

Tinnitus can be a classic symptom that your nervous system is taxed to the max. The alarm bells are ringing, and for a good reason. Find the reason and the alarm bell will stop ringing. Tinnitus won't let go of you until you address some major patterns in your life. I've managed to do so and so can you!

TINNITUS RETRAIN

Learning to listen beyond tinnitus

Take control and say goodbye to tinnitus once and for all!

Visit: www.tinnitusretrain.com





FEATURES AND BENEFITS OF THE TINNITUS RETRAIN PROGRAM

It is important to realize that most people looking for long-term relief from their tinnitus are unfortunately looking in all the wrong places. Many end up searching for something external of themselves, a vitamin, a herb, a pill, a dietary supplement, you name it.

We are not saying that you're not going to have to make some lifestyle changes and habit adjustments eventually. And these topics will certainly be addressed during the "Why do I have tinnitus?" phase. What we are saying is that primarily we must first deal with the fact that "We do have tinnitus".

And for the vast majority of cases it's a complete myth that you will find tinnitus relief by eating some type of super-food or eliminating coffee, or embarking on a detox or a fast.

The fundamental difference with the Tinnitus Retrain Program is that we don't send you on a wish filled, wild goose chase.

Our first step is to approach tinnitus logically, realizing that our initial and primary discomfort is an emotional one and nothing more.

Before we go about addressing the "how" and the "why," we must address the fact that we "do" have tinnitus (and it's annoying!)

So, the first approach regarding tinnitus is an emotional one. **We approach honestly and practically, we are aware of this noise and that our nervous system is reacting adversely to it.**



Addressing this fundamental relationship is the first step in a powerful new direction. One that although may seem quite simple at first, has a radical and profound shift on our attitude and mood. Once we begin to realize we have some self-control over our situation, we can work on the more preventative, therapeutic and healing aspects, in other words, the “how” and the “why”

So why don't more doctors initially treat tinnitus as a psychological condition to help their patients?

Well, they are aware of this fundamental aspect of tinnitus, but simply put, they don't have the time or the techniques at hand to deal with it in a holistic manner (plus there is no money in it for the pharmaceutical companies). The medical professional's answer for troubling tinnitus is usually anti depressants. Which do exactly what we are talking about, simply put they **Change your relationship” with the tinnitus.**

FEATURES:

- The only online, video assisted, self-habituation treatment for tinnitus of its kind
- Developed for tinnitus sufferers by a former tinnitus sufferer
- A complete blueprint for tinnitus habituation and eventual eradication, performed in your own time and at your own speed
- Practical, safe and easy to understand, the very nature this program allows for it to be fully adjustable and modified to suit any person's ability, stage or age



- Learn a powerful and unique series of techniques and habits that will change your relationship with tinnitus forever
- Fraction of the cost of habituation therapy and without the hassle and reliance on experts and equipment
- No reliance on specialized equipment, no surgeries, no drugs, no masking devices, no therapies, no flaky, radical lifestyle changes no uncomfortable fasts, no herbs, no vitamins, no detoxes
- Do not wait around for some miracle super herb, vitamin or drug to heal your tinnitus. We deal directly with your emotional response to the noise you are hearing and at the same time go to work on strengthening, calming and restoring your body's systems, to heal, repair, balance and restore
- Delivered in a logical, easy to comprehend style, complete with demonstrational videos for easy follow along and visual reference
- Grasp the three fundamentals of tinnitus and adopt the seven pillars of tinnitus eradication and troubling tinnitus will soon be a thing of the past
- I'll walk with you every step of the way exploring everything from symptoms to diagnosis and everything beyond. We'll cover all the bases and leave no stone unturned

BENEFITS:

- Imagine living free from the torment of tinnitus in a relatively short amount of time
- Take back control, feel empowered once more



- Find that new vigor and energy, that you know resides just under the surface
- Stop wasting your precious time, money or energy looking for so called "cures" ignore all of that and just start living today
- Enjoy blissful, restful, deep, quality sleep once more
- Enjoy a social life without the strain, anxiety and exhaustion of having to hear over your tinnitus or straining to join in a conversation
- Enjoy having no reliance on therapy, equipment or powerful medications
- Enjoy not needing to obsess over finding the next great herb, vitamin, drug or remedy, know that what you are embarking on is all you'll ever need to control your tinnitus
- When you learn to listen beyond tinnitus you'll be able to dedicate more time and have more energy to the things and the people you love
- Improve your balance, banish nausea, reduce or banish dizzy spells. Increase your range of motion and improve cardiovascular and digestive health
- Improve mental health and clarity, elevate mood, build confidence and enjoy silence and peace of mind once more
- No more exhaustion, no more straining to hear, no more irritation, no more anxiety
- Wake up feeling energized, fresh and full of enthusiasm for the



day ahead, free from irritation and strain

- Feel confident that the powerful techniques that you will learn in this program will have not just have a lasting powerful effect on your tinnitus but on many, many aspects of your life.

Those who participated in our tinnitus retrain group experiment experienced the following:

- Many people were amazed at how quickly and how easily they could grasp the video assisted, self-habituation techniques, which once implemented and practiced quickly, reduced their ringing to a tolerable level
- The feelings of hopelessness and despair were almost immediately replaced with a feeling of empowerment and positivity
- There was a marked reduction in feelings of stress, physical tension, anxiety, agitation, and exhaustion
- A more accepting attitude towards tinnitus was almost immediately felt making it easier to tolerate daily life and improving mood
- There was a marked reduction in the feelings of dizziness, nausea, pressure and fullness which often accompany ear conditions as well as more tolerant attitude towards the unpleasant symptoms
- Participants reported feeling more energized, vital and alert. More optimistic and generally more relaxed
- Participants felt rejuvenated and more positive with improved



personal relationships and work place productivity.

- There was a drastic improvement in quality of sleep, energy, digestion and well being.
- Participants were surprised and happy that the program did not consist of radical or significant lifestyle changes and was not disruptive to their everyday life.

**TAKE CHARGE, MAKE THE CHANGE, AND
TAKE A STEP TOWARDS PEACE**

TINNITUS RETRAIN