

**Healthy Choices Suggestions
for Tinnitus Suffers**

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www.hearnet.com

Eat Healthy
Drink More Water

Selenium Rich foods

Whole Grains
Tuna
Organ meats
Mushrooms
Halibut Beef (no fat) Oatmeal
Sunflower seeds
Barley
Greens Onion,
Garlic
Eggs
Brazil Nuts

**Gluten Free Whole Grains-
Alternatives for Wheat**

Amaranth,
Buckwheat,
Chick Pea, Garbanzo Corn,
Potato, Brown Rice, Millet,
White Sweet Potato, Yam, White
Sweet Potato, Nut
www.wholegrainscouncil.org

Beta Carotene

Kale
Carrots
Butternut squash Spinach
Cantaloupe
Broccoli
Asparagus
Pumpkin
Lettuce
Liver

Vitamin C

Citrus
Red Peppers
Orange juice
Broccoli
Cantaloupe
Melons
Cauliflower
Banana
Lemon
Lime
Mango
Pear
Pineapple
Tangerine
Grapefruit
Mandarin
Orange
Cranberries
Blue Berries

Vitamin E

Whole Grains
Almonds
Soybeans (limited)
Sunflower Seeds
Beans (All types)
Liver
Cereals
Vegetables Oil
Leafy Greens
Asparagus

Calcium

Vitamin D
Sardines
Salmon w/ bone
Collard Greens
Broccoli
Sunshine

Zinc

Fish Lean beef
Herring
Maple Syrup
Soybean (Limited) Turkey
Wheat Bran, Whole grains
Sunflower Seeds

Vitamins: B12, B Complex,
B6, Zinc,

Herbs: Ginkgo Biloba,
Black Cohosh, Hawthorn,

Aromatherapy: rose,
lemon, rosemary, cypress

**Avoid Iodize
Salt**

Kosher salt ok

No MSG

Avoid
Caffeine,
Sugar,
Alcohol,
(Vodka limited)
Nicotine,
Pot
Soft Drinks
Dairy products
Processed foods
Preservatives
Commercially -
baked goods
Cured meats
Soy sauce
(limited)
Mayonnaise
Catsup
Mustard
Commercial -
Salad dressings
Butter
Avoid
Stress
Stressful
conversations
and stressful
thinking
Neck pain

**Don't over use
Your earplugs
(Wearing them
constantly all
day long)
(Of course)
Use for loud
situations and
nuisance noise
regularly.**

Avoid
Wintergreen oil,
Wintergreen-
Teas.

If taking aspirin
have your
dosage
regulated by
your doctor

Avoid Over Use

Sleeping pills,
Sedatives Fluoride
in toothpastes
Ototoxic drugs
(Prescription drugs
that are toxic to
your ears.) Ototoxic
Drugs Exposed
book by Neil G.
Bauman

Do everyday

Movement
Stretches Walking
Music
Sunshine
Laugh
Listen to the ocean
waves
Walk on the beach
Take a vacation
from Stress
Detox
Juicing
Good Night Sleep
Cranial and Neck
Massage
Acupuncture
Acupressure

Use Neti Pot to
clear your sinuses.

Melatonin is a good
sleep-aid

Check
Blood pressure,
Lipid, Metabolism,
Thyroid,
Blood sugar
Cholesterol