

'Tinnitus-Free Naturally' Helps You Steer Clear of Tinnitus, Naturally!

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.

Tinnitus is one of the most common ear disorders prevalent around the world today. It affects one and all, irrespective of age or geographical location of the patient. But surprisingly, medical science had not till recently discovered the true and effective solution to this most common cause of hearing loss. Dr. Paul Yanick, who has been researching the causes and treatment of tinnitus for the last three decades, has come up with an e-book that promises to help tinnitus victims, albeit in a natural way. The e-book, "Tinnitus-Free, Naturally" offers specific nourishment relief from tinnitus and its toxic effects with the help of nutritional, organic and natural foods. Dr. Yanick had himself been a victim of tinnitus.

Tinnitus is usually caused by the intake of unhealthy or nutrient-depleted food, especially junk food available in packages or tin cans and is commonly the side effect of many pharmaceuticals and vitamins. Dr. Paul Yanick, along with some other collaborating scientists, found that the intake of moldy food and packaged food items encourage tinnitus among potential patients. This was stated after an extensive study of people suffering from tinnitus, which has also been discussed in detail in the e-book. As in his earlier book, *The Forgotten River of Health*, Dr. Yanick discusses the importance of lymphatic system and how disorders affecting the same can cause the disease. However, all of these problems, according to Dr. Paul Yanick, are direct consequences of consuming unhygienic and mold-infested food and supplement products.

Moldy food and food products that are low on nutrient-value, such as junk food is the cause of a number of diseases and malfunctions in the human body that apart from the brain and the nervous system, adversely affect the lymphatic system of our body. The milder body disorders include fatigue, unusual pain, anxiety, insomnia, frequent panic attacks, headaches, dizziness and stomach problems. But tinnitus makes more serious negative impact which includes arthritis, MCS (Multiple Chemical Sensitivity Syndrome) and ADD, liver and gall bladder problems and even cancer.

Article Summary – "Tinnitus-Free, Naturally", the latest e-book written by Dr. Paul Yanick, an eminent researcher on Tinnitus describes how a patient can treat the disease with a healthy diet and proper food habits. **Regular price is \$79 now only \$29**

