Defeating Tinnitus Naturally

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Millions of Americans suffer from tinnitus—a constant ringing or buzzing in the ears. Understanding the world of a person with tinnitus requires that a person with normal hearing imagine living with nerve-wracking head noises that cannot be turned off. Most available clinical strategies fail to provide relief. The most common suggested prognosis is “learn to live with it,” advice that translates into lifelong suffering and agony for those beset by tinnitus.

If you’re a tinnitus sufferer, let me say that I feel your pain—I was debilitated and driven to lunacy from tinnitus. I know about the hopeless prognosis and the side-effects of tinnitus maskers that stressed my ears to the point of total deafness. For the first 20 years of my life, I struggled with sickness, prescription drug addictions, and the defeat, depression, and despair that came along with having noises in my head day and night.

At the age of 21, a world-renowned and eminent ear surgeon diagnosed me with fatal kidney disease and nerve deafness. At that time, as a board-certified medical audiologist, I began intensive research into the causes of ear disorders at many university hospitals and medical centers. These studies revealed that the ear was electro-chemically compromised from malnourishment (Yanick, 1973; Yanick & Gosselin, 1976; Yanick, 1979). Correcting dietary errors and improving nourishment saved my life and ended my tinnitus, and helped hundreds of patients get tinnitus relief.

My research continued into the 1980’s when I was able to understand more about the complex malnourishment issues involved with tinnitus (Yanick, 1983; Yanick, 1988). Using sophisticated x-ray fluorescent intracellular mineral analysis and other lab and diagnostic tests, this research documented mineral imbalances and a
depletion of microbiome-made synbiotic nutrients were behind inner ear malfunctions and the electro-chemical distortions that generated tinnitus.

At Pennsylvania State University and at numerous other international symposiums that I chaired, I was able to stimulate other medical researchers to look more closely at the metabolic-nutrient connection to ear disorders. It was gratifying to see that leading ear physicians were able to independently collaborate my research findings (Spencer, J.T. 1975; Spencer, J.T. 1981; Updegraaff, W.R. 1977; Shea, J. 1976; Shea, J. 1979). And, at symposium round table discussions, the consensus among all these researchers was that the inner ear was an energy-hungry organ having a critical need for nutrients and oxygen. Plus, there was agreement that perturbations in microcirculation or nutrient delivery by toxic insults and aberrations in mineral and/or insulin metabolism were causative factors in ear disorders. These discoveries were puzzle pieces that fit together into an exciting new clinical picture of why and how the ear generated tinnitus.

The third decade of my research efforts was aimed at understanding how microbiome deficits were behind faulty inner ear electro-chemistry. As I discovered, restoring gut microflora symbiosis optimized synbiotic nourishment to the cells of the inner ear. Our new discovery resulted in more significant tinnitus relief along with improvement in hearing and balance functions of the inner ear. I defined these unknown synbiotic nutrients made by the microbiome as quorum nutrition (Yanick, P, 1994; Yanick, P. 2009; Yanick, P. 2014).

A medical review of thousands of tinnitus case histories revealed that nearly every tinnitus patient had a medical history of taking antibiotics prior to the onset of their tinnitus. We concluded that antibiotic therapy may have wiped out and disrupted commensal microflora causing dysbiosis and cellular malnourishment. It is well known that beneficial microbes in the gut produce hundreds of thousands of quorum nutrients and that these nutrient deficits could short-circuit the ear, electro-
chemically causing tinnitus. My discovery of microbiome-made nutrient deficiencies from the past use of antibiotics was supported by leading microbiome researchers who also defined how microbes in symbiotic versus dysbiotic states, as part and parcel of the body’s inner ecosystem produce a goldmine of quorum nutrients that provide superior nourishment to human cells (Blassler BL 1999; Bengmark S 2002; XU J & Gordon JL 2003).

Nature’s ecosystem cycles and wisdom cannot be ignored for nature has been sustaining all of life for millions of years. Nature’s technology is brilliant and never grows short of energy or produces toxic waste. Just as the capacity for the tree to bear healthy fruit depends on the interaction of the root system with soil-based microbes, the cells of the inner ear only improve when our “root”, or digestive system, has diverse and sustainable microbial communities working in symbiosis. And, since these amazing healing microbial cells outnumber our human cells 10 to 1, they provide an endlessly renewable source of nutrition for our neurons and stress-fighting glands. Yet, the diagnostic dilemma today is that practitioners have not been trained with effective ways to expand microbial cell biodiversity and manipulate the balance of the microbiome.

After more than four decades, my research has revealed that by working with our microbes instead of against them, practitioners of integrative medicine can finally learn how to correct dysbiosis and help patients with persistent tinnitus and other neurological disorders. This means adopting a global view of human physiology that considers the undiagnosed nutrient deficiency states that stem from microbiome disruption and past antibiotic therapy.

In summary, the cells of the inner ear can become electro-chemically unstable without proper nutriture from microbial cells. Microbial cells incessantly shuttle nutrients around and turn them into energy; build and repair cell membranes; and have the amazing potential to restore electro-chemical balance or the battery-like
polarity of cells. As cells become less efficient, so do the tissues and organs they compose, and the body itself becomes less able to cope with challenges to its electrical stability.

Attempts to restore wholeness require an understanding of how all the interlocking components of the body work “hand in hand” with each other via interdependent actions, shared physiological functions, and how they work in concert to evoke healing. It may take a disorder like tinnitus to hold up a mirror to our health care system and reveal its shortcomings. Within the design of nature’s timeless wisdom, the body’s inner ecosystem can now be tapped to evoke the full operational complexity of human physiology to finally balance the delicate electro-chemistry of the inner ear and other cells of the body.

REFERENCES

About the Author:

Dr. Paul Yanick is a world-renowned authority on how nutrition benefits the adrenal glands, nerve cells, and microbial cells (microbiome). He overcame two incurable and terminal illnesses twice in his lifetime by discovering unique ways to nourish and fully engage the body’s inner ecosystem. He is the medical research director of the non-profit American Academy of Quantum Medicine and the author of over 400 publications and many academic textbooks. In search of a multi-disciplinary education, Dr. Yanick studied medical audiology at New York University and Seton Hall University (Master of Science degree). His doctoral studies were in immunology at the University of Wyoming and neurophysiology and biochemistry at Louisiana State University and Baylor University (final Ph.D. awarded by Columbia Pacific University in 1981). Dr. Paul Yanick is a Board-Certified Diplomat in Integrative Medicine (American Association of Integrative Medicine) ID# 1205; Board-Certified in Quantum Medicine (American Naturopathic Medical Certification & Accreditation Board) QM# 1205; a Board-Certified Naturopath (American Naturopathic Medical Certification & Accreditation Board) #70122; and a Board-Certified Diplomat in Anti-Aging Medicine and Nutritional Consultant (American Association of Nutritional Consultants and American Board of Anti-Aging Medicine).