

You can prevent tinnitus by taking steps and precautions especially if you have bad genetics. It is much easier to prevent tinnitus than it is to cure it. The first



step in preventing tinnitus is to avoid exposure to loud noises along with avoiding head and neck trauma. If you know you are going to be exposed to loud noises or high frequencies you should take precautions to protect your hearing. If you already have tinnitus you should take precautions to protect your hearing because it is possible that your tinnitus can get worse. Proper precautions include wearing protective earplugs and earmuffs. It is best to avoid places you know are likely to have loud noises such as concerts and clubs. In the case that you forget to bring your hearing protection do not try to improvise with wadded up tissue or cotton balls. These will not effectively protect your hearing and they have the potential to become lodged in your ear.

Younger and younger cases of tinnitus are being reported and it has been suggested that this is due to the excessive use of iPods. Do not be discouraged from using an iPod just avoid raising the volume so loud to the extent that other people around you can hear it. You can also prevent tinnitus by eliminating alcohol and beverages containing caffeine from your diet along with smoking and tobacco products. Nicotine and tobacco may cause tinnitus by reducing the blood circulation to the structures of your ears. If you already have tinnitus it is suggested that staying within a healthy weight range can help reduce or even stop the ringing in your ears. Statistically it has been shown that tinnitus occurs more frequently in obese adults. Getting your daily amount of vitamins can also significantly decrease your chance of getting tinnitus. Specifically getting enough B12 vitamin in your diet through milk, dairy products, meat, and eggs.

There are easier ways to cure your tinnitus. According to recent advances in science it is suggested that tinnitus can be treated in the comfort of your own home using home remedies. Very few people know about these remedies, but for those who do, it has been proven to be highly effective in treating mild to severe cases of tinnitus. These techniques are quick, cheap, and require only a few minutes a day. They can completely clear your tinnitus within a week and have even been proven to be more effective than most prescribed medications.

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