

Natural Methods to Calm Tinnitus

1. Zinc

Research suggests a link between tinnitus and a significant zinc deficiency in some people's bodies. This may also suggest that zinc as a treatment for tinnitus may benefit certain people. If you aren't sure where to start in increasing your zinc intake, many common foods have high levels of the mineral.



2. Vitamin B12

Vitamin B12 supports healthy nerve function in the body, and tinnitus can often be caused by nerve damage in the inner ear. In one study, tinnitus patients who also had a vitamin B12 deficiency saw an improvement in their ear-ringing symptoms when they increased their intake of the vitamin.

3. Ginkgo Biloba

Ginkgo biloba is a popular herb known to improve circulation to the brain, eyes, and ears. This increased blood flow can support inner ear healing, potentially reducing tinnitus symptoms. You can add Ginkgo biloba to your diet through supplements or vitamins containing the herb.



4. Meditation

Reducing stress through meditation can allow a certain level of relief and distraction from the pestering symptoms of tinnitus and allow you to think about other things rather than just the ringing in your ears.

5. Yoga

A study on yoga and tinnitus found that participants experienced reduced stress levels and improved tinnitus symptoms. Starting yoga this year can promote relaxation, movement, and potential relief from tinnitus.



6. Sound Bathing

Sound therapy can help relieve tinnitus symptoms by masking the ringing, roaring, buzzing, or tapping sounds. A study showed that most forms of sound therapy yielded positive results, as they distracted participants from their internal noise.