

## <silence of the buns> Back to Silence Tinnitus Talk Support Forum My Tinnitus Becomes Calm in Silence and Aggravates.

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Original URL: <https://tools.orientwatchusa.com/silence-of-the-buns.pdf>

Dec 7 2014 Hello I learned a technique from oneofour fellow posters here and to me it s been a cure. I have not felt this good about my tinnitus in 40 years

My tinnitus is loud in both ears it changes frequencies sometimes accompanied by hyperacusis it spikes now and then and it s here for good Dec 26 2024 My Tinnitus Becomes Calm inSilenceand Aggravates After Noise Exposure Is There Any PossibilityofHealing? Possum Dec 26 2024 P May 4 2025 As a result I stopped checkingthevolume and gradually my perception became oneof silence

Still duringtherare times I was remindedofit it felt very very quiet Jan 16 2025 Should I stay insilencefor six months even though I didn t have an acoustic trauma or verified infection? Or should I endurethereactive beeping and continue using soothing sounds? Jan 8 2025 Forthepast four to five years I have enjoyed sleeping insilence

I eventually moved house but unfortunately we have noisy neighbors who constantly play music with heavy bass

I have been managing my anxiety though I still havetheoccasional panic attack Dec 31 2024 After regularly usingtheoil drops and spending time insilence I have noticed significant improvement.Theringing has decreased substantially. Now in a completely quiet room I can barely hear it

It is very faint but still present. However thereactivity is still there Jul 10 2025 Does Audizen work or is it a scam? It is being advertised online. At first it appears as a Dr. Oz and Vicks trick to cure tinnitus which is already a red flag

Then a doctor named Dean Ornish presents a seminar claiming that tinnitus is caused by inflammationofnerves inthebrain. He Jan 19 2025 If your momentsof silencecontinue you might consider writing a success story to encourage and support new sufferers. Thank you and God bless

Postivity is a life force! If life has to be lived one way or another why not live it positively? Nothing to lose but much more to gain by being positive Aug 7 2018 I once readtheexpert advice to avoidsilence. Many tinnitus sufferers use a background noise to distract themselves

This doesn t work for me at all and any continuous noise even rather quiet noises fan seem to spur onthehiss in my ear. What are your experiences? Sep 23 2025 Above all I hope to experience what truesilenceis like. It feels like an alien concept that I can t even imagine

Even quieter ringing would be a miracle. For now I m glad to know there are support groups like this. I hope to contribute my experiences and help in

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