

Forum:[Hack Forums](#)

Thread: [Tinnitus](#)

Charlie Sheen - January 14, 2024, 2:46 am

All my life just about I've had tinnitus. When I was probably 3 or 4 I asked my grandma what that noise was in my ears. She said it was just a sound. I thought everyone heard that constant ringing. It wasn't until I was 19 when I was watching TV with a girlfriend and I mentioned the ringing always being worse from old-school television sets. She kept asking what I was talking about. It wasn't until then I realized something was actually wrong. I started googling and discovered it was tinnitus.

It wasn't bad when I thought everyone heard it. When I realized they couldn't I really began to notice it more than ever. I've tried lipo flavonoid and it kinda helped but I noticed if I missed a dose, the next day the ringing would be so much worse. Also taking 6 pills a day is really difficult to keep up with.

Just wondering if anyone else has tinnitus and if they have tried anything that helped.

Eran - January 14, 2024, 2:54 am

Don't have any tips but this thread reminded me to get some ear plugs for the upcoming music festival season, yikes. Hope someone has some valuable advice for you bud.

Net - January 14, 2024, 2:58 am

I had it my whole life as well. But I think it is due to my mid-range hearing loss or "Cookie bite" as some people call it. But the weird thing, I've kind of gotten used to it and I don't hear it unless I think of it or in this case read your thread.

Charlie Sheen - January 14, 2024, 3:17 am

(Jan 14, 2024 03:58 AM)Net Wrote: [\[CITE\]](#) I had it my whole life as well. But I think it is due to my mid-range hearing loss or "Cookie bite" as some people call it. But the weird thing, I've kind of gotten used to it and I don't hear it unless I think of it or in this case read your thread.

My bad man, I sometimes am able to ignore it as well. I noticed things like lack of sleep, stress, caffeine and loud noises make it worse. I wish there was some surgery we could get to cure it.

Zher0 - January 14, 2024, 12:39 pm

(Jan 14, 2024 03:54 AM)Eran Wrote: [\[CITE\]](#) Don't have any tips but this thread reminded me to get some ear plugs for the upcoming music festival season, yikes. Hope someone has some valuable advice for you bud.

Please do! I have tinnitus from getting close to speakers at shows blasting heavy bass music. I was dumb when I was younger.

But I also do have tinnitus OP

Charlie Sheen - January 14, 2024, 1:37 pm

(Jan 14, 2024 01:39 PM)Zher0 Wrote: [\[CITE\]](#) Please do! I have tinnitus from getting close to speakers at shows blasting heavy bass music. I was dumb when I was younger.

But I also do have tinnitus OP

I wish I could remember something about what caused mine. I seem to think it was loud speakers when I was younger. I used to like to put my head right next to speakers when they were blasting.

blackrose_x0x0 - January 14, 2024, 2:36 pm

I have tinnitus in my left ear and some hearing loss in both ears. As a musician and music being my favorite thing in life, it stinks. Fortunately, my tinnitus is usually not too bad, and I only notice the ringing late at night when it's very quiet. I have a couple of flare-ups every month and it can significantly impact my day to day life, but again, it's manageable for the most part.

<https://a.co/d/iZ6VDgL>

^ These were gamechanger for me. I wear them to all live shows now.

Jamika - January 15, 2024, 5:04 am

First time to hear about that, hope you get well my friend

Komodo - January 18, 2024, 4:42 pm

(Jan 14, 2024 03:36 PM)blackrosex0x0 Wrote: [\[CITE\]](#) I have tinnitus in my left ear and some hearing loss in both ears. As a musician and music being my favorite thing in life, it stinks. Fortunately, my tinnitus is usually not too bad, and I only notice the ringing late at night when it's very quiet. I have a couple of flare-ups every month and it can significantly impact my day to day life, but again, it's manageable for the most part.

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WHAAAAAAT????

I failed my hearing test 2 years in a row before I got out. Tinnitus is awesome, I love having to listen to music to go to bed.

Charlie Sheen - January 18, 2024, 4:44 pm

(Jan 18, 2024 05:42 PM)Komodo Wrote: [\[CITE\]](#) WHAAAAAAT????

I failed my hearing test 2 years in a row before I got out. Tinnitus is awesome, I love having to listen to music to go to bed.

I have this super loud air purifier right next to my bed that I have to have turned on max power to go to sleep. That and a ceiling fan spinning. Has anything ever helped you?

blackrose_x0x0 - January 18, 2024, 5:23 pm

(Jan 18, 2024 05:42 PM)Komodo Wrote: [\[CITE\]](#) WHAAAAAAT????

I failed my hearing test 2 years in a row before I got out. Tinnitus is awesome, I love having to listen to music to go to bed.

Dang haha two years in a row lol do you have the ringing in both ears?

As for going to sleep at night, "Alexa, play thunderstorm sounds" and that usually does the trick.

Komodo - January 18, 2024, 9:56 pm

(Jan 18, 2024 05:44 PM)Charlie Sheen Wrote: [\[CITE\]](#) I have this super loud air purifier right next to my bed that I have to have turned on max power to go to sleep. That and a ceiling fan spinning. Has anything ever helped you?

It did for a while, last couple months nothing but music has helped. I'm sure there's other options in just lazy and if it works it works.

(Jan 18, 2024 06:23 PM)blackrosex0x0 Wrote: [\[CITE\]](#) Dang haha two years in a row lol do you have

the ringing in both ears?

As for going to sleep at night, "Alexa, play thunderstorm sounds" and that usually does the trick. Hell yea man, 3M fucked us all.

blackrose_x0x0 - January 19, 2024, 11:45 am

(Jan 18, 2024 10:56 PM)Komodo Wrote: [\[CITE\]](#) It did for a while, last couple months nothing but music has helped. I'm sure there's other options in just lazy and if it works it works.

Hell yea man, 3M fucked us all.
Ain't that 'effing truth ?

Bolenosho - January 25, 2024, 3:04 am

I also suffer from tinnitus.

I have never done anything. I have been to several specialist doctors and they all agree that it is untreatable, you just have to live with it.

Only in very extreme cases they can implant a device to attenuate them. But it is for severe cases.

Zalbai - January 26, 2024, 5:58 am

(Jan 14, 2024 03:46 AM)Charlie Sheen Wrote: [\[CITE\]](#) All my life just about I've had tinnitus. When I was probably 3 or 4 I asked my grandma what that noise was in my ears. She said it was just a sound. I thought everyone heard that constant ringing. It wasn't until I was 19 when I was watching TV with a girlfriend and I mentioned the ringing always being worse from old-school television sets. She kept asking what I was talking about. It wasn't until then I realized something was actually wrong. I started googling and discovered it was tinnitus.

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Just wondering if anyone else has tinnitus and if they have tried anything that helped.

All types of ear problems are caused by refusing to listen to the truth or refusing to listen to the soul. Because such problems are viewed as mental problems (soul) or psychosomatic in origin. If you meditate on the problem and ask yourself questions, you may understand it better. Since, as you say, you had it very early on when you were a child, I would suspect that there are problems from previous lives.

thistooshallpass - May 4, 2024, 7:02 pm

same for me.

over time i get used to it
can try ginkoo biloba by Tebonin

Aeowulf - May 5, 2024, 4:44 am

I've had it since I got back from Iraq. Thankfully not as bad as some others, but it can get to me at times.

L?G?ND - May 5, 2024, 4:55 am

I developed minor tinnitus during my years working in aviation. We were required to wear double ear

protection, but honestly, I rarely wore any. So it's essentially self induced, but I accept the consequence of my actions.

As the years have passed by, it doesn't occur as frequently, nor is it as severe. Furthermore, it only occurs in my right ear. I'd assume that's due to me wearing my cranial offset and exposing that ear. However, when I do encounter an episode, my hearing completely cuts out and is replaced with a loud ringing or high pitched tone.

SIM-3192951 - May 21, 2024, 3:21 pm

I have had it for 6 months now and it was terrible. It was caused by EarPods Pro, I got them 7 months or 8 months ago, and I was wearing them most of the day, I loved them so much, the noise canceling was like magic. I use them to listen to podcasts most of the time. My entire life I used to hate noise like kids playing, motorbikes, cars, construction noise, etc. A month or so of using them my right ear started to hurt and I was hearing that loud ZSZSSSZ noise all the time and it became worse at night. My anxiety went through the roof which exacerbated it even worse. At some point my right jaw and right side of my head started to hurt a lot, also the ear itself, went to many doctors but none was able to help. I recently started taking anxiety medicine and the pain went away but I still hear the tinnitus, but not as bad as it used to be.

Charlie Sheen - May 21, 2024, 4:32 pm

(May 21, 2024 03:21 PM)SIM-3192951 Wrote: [\[CITE\]](#) I have had it for 6 months now and it was terrible. It was caused by EarPods Pro, I got them 7 months or 8 months ago, and I was wearing them most of the day, I loved them so much, the noise canceling was like magic. I use them to listen to podcasts most of the time. My entire life I used to hate noise like kids playing, motorbikes, cars, construction noise, etc. A month or so of using them my right ear started to hurt and I was hearing that loud ZSZSSSZ noise all the time and it became worse at night. My anxiety went through the roof which exacerbated it even worse. At some point my right jaw and right side of my head started to hurt a lot, also the ear itself, went to many doctors but none was able to help. I recently started taking anxiety medicine and the pain went away but I still hear the tinnitus, but not as bad as it used to be.

I've tried lipoflavonoid plus, the one I took was 2 tablets 3 times a day. They kind of worked but I kept missing doses, and I noticed when I missed a dose the ringing would be 2-3 times louder.

encryX - May 31, 2024, 1:09 pm

There are several reasons why tinnitus occurs, but it is generally incurable. Have you investigated tinnitus from a neurological perspective? Have you done an MRI of the head and spine? Have you done a CT scan? My girlfriend also has tinnitus, and it is not treatable; she also manages to fall asleep by watching something loud. There are only some medications that can reduce the sound, but nothing that can completely cure it?