



Diet for Tinnitus (Paperback)

By M Usman, John Davidson

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Table of Contents Preface Tinnitus Chapter # 1: Hearing Chapter # 2: The Ear Chapter # 3: Enter Tinnitus Chapter # 4: Causes of Tinnitus A Healthy Diet Chapter # 1: Fruits Vegetables Chapter # 2: Grains, Legumes, Herbs Fats Chapter # 3: Dairy, Meats Seafood Chapter # 4: Others Recipes Chapter # 1: Carrot Lentil Soup Chapter # 2: Coriander Lamb Curry Chapter # 3: Pasta alongside Lentil Sauce Chapter # 4: Moroccan Chickpea Soup Chapter # 5: South-Western Salad Conclusion References Author Bio Publisher Preface Out of the five basic senses, one is hearing, without which undoubtedly we won't be living life to the fullest. The ears are incredible organs that allow a person to hear sounds; many times the organs are compared to radio dishes responsible for catching radio-waves and just like a radio-set, they too can sometimes become damaged. One of the problems that can develop in the ears is tinnitus. Simply put, it is a condition in which the ear starts to listen to ringing, buzzing, and other meaningless noises. It is not dangerous nor a...



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