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Introduction

Hello and welcome to “The Six Top Ways to Reduce the Ringing.” My name is Paul Tobey and I want to thank you for downloading this eBook. Before I get started, I want to say right up front that I am not a licensed doctor, a licensed psychiatrist, a holistic healer or any other form of physician. Though the things I discuss in this book have worked for me, please consult your doctor and/or a health care professional before you try anything discussed herein.

I am someone who has suffered in the past with chronic Tinnitus and have over time learned to live a 100% Tinnitus Free Life. And, I'll be sharing the benefit of my experience and my journey to recovery with you. Please make yourself comfortable, relax and enjoy.

Thank – You

Paul Tobey

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Chapter I

Thanks for signing-up to my “6 Top Ways to Reduce The Ringing” free report. I used to be a chronic tinnitus sufferer. So, I have a pretty good understanding of how it’s probably driving you crazy! If you are curious about my journey with Tinnitus, you can read my story which was published in the June issue of Tinnitus Today, the quarterly journal for the American Tinnitus Association. I posted it on my Tinnitus Blog. Click here to read it.
<http://www.paultobey.com/blog/?p=4>

From one tinnitus person to another, let’s talk about things you can do to help yourself today that will cost you Zero Money! No pills, no devices, no false promises, no BS!

The purpose of this 6 part report is to give you some great “real world” tips on how to reduce your tinnitus volume and get back to your real life which is anxiously awaiting you.

So, let’s get right to it shall we...

You know, it always amazes me when I do a search for tinnitus on the web and I find all kinds of companies and individuals pumping “wonder cures” in a bottle. I know you’ve seen them and I’m ashamed to say that I personally have tried many of them. I ordered them, followed the directions exactly and I went into it with a lot of hope. But, what I got

in return was an empty bank account and no results. That's not to say some of them don't work but, to promise you a cure in a bottle is simply ridiculous.

The point is; many of these sites fail to give you any other advice at all to help you other than pressure selling their products. And, quite frankly, that makes me angry. Because, as you'll find in this report, there are a lot of things you can do to reduce your ringing volume and achieve bigger results than anything you could ever get from a bottle.

So, can we have a drum roll please? Thank you....

And, the #1 greatest thing you can do for your tinnitus is to drink lots of WATER!!

I'm not quite sure why this works but I think it has something to do with cleansing your system. You see, when you drink a lot of water it dilutes the toxins in your body which are causing your tinnitus to get louder.

After experimenting for 6 years I came up with a formula that I know works and here it is...

Go buy a case of water, you know; the individual ones that you can carry with you...

- Drink a full one in the morning

- Drink a full one in the afternoon
- Drink one in the evening
- Drink one right before bed

If you have to get up in the middle of the night to go to the bathroom, well that's just something you're going to have to put up with. I got used to it, so can you.

But, here's the thing, you will not regret any single moment of this program. Why? Well for starters it won't cost you much. Secondly, it's convenient and easy to do. And finally, IT WORKS!

Water is good for you. It comes from the earth and anything that comes from the earth is a good thing. It will cleanse your system and reduce your tinnitus volume.

Try it! You won't regret it.

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Chapter II

You know, there are many drug-free things you can do to reduce your tinnitus that no one ever talks about. Why? The sad truth is; there are folks who only want to push pills and get-cured-quick solutions that really don't work. There is no bottled cure; at least not yet anyway. And, you cannot buy hope in a bottle.

And, it's not just drugs and medicines that is appearing on the market for Tinnitus sufferers. Have you ever heard of "tinnitus retraining therapy?" I did that. It cost me \$4,000. Did I get results? None! Does it work for some people? Probably. But, I experienced zero results and quite frankly, I miss my \$4,000. The lady in charge of my therapy didn't even have tinnitus and she had no experience in compassion and little knowledge of anything else except how to fit my ears for the ear pieces. Man, they saw me coming.

But, enough about others, this is about you. And, this is about getting you information that can really help you. So, here it is. The #2 way to reduce your tinnitus volume is....

Stop Drinking Coffee!

I don't know what they put in that stuff that aggravates tinnitus but it does. How do I know? Because, 10 minutes after drinking a cup of coffee my tinnitus goes through the roof. And, if you drink coffee on a regular basis you wouldn't notice this. It's only when

you stop for a few days, then drink a cup 'o joe, would you even recognize this phenomenon.

Caffeinated coffee is the worst, but frankly, decaf isn't that much better. Avoid them both if you can! And, that goes for tea as well. It's not as bad but if it's got caffeine in it, don't drink it!

So, you're saying to yourself, "how can I stop drinking coffee? I love my daily trips to Tim Hortons or Starbucks!"

You have to make it a habit. You made it a habit to start drinking coffee right? Now, you can make it a habit to stop drinking coffee! You have to; your sanity depends on it! Just do it. Let me know how it works out ok?

~

Chapter III

Oh, I can hear you grumbling already saying “I miss my coffee!” You won’t in time, trust me. Coffee is a drug and a really bad habit to boot. Just replace your coffee time with water time. You’ll thank me for it later.

So, what little gem have I cooked up for this chapter? The #3 way to reduce your tinnitus volume is....

Avoid Alcohol!

“Oh my god! Are you kidding me? First you want me to give up coffee and now you want me to give up alcohol? What are you Paul Tobey, some kind of freekin’ sadist?!!!”

Ok, calm down. Take a deep breath, exhale slowly. Take another deep breath, exhale slowly. There, now that’s you’re peaceful and calm again let me explain.

I’m not trying to convert you to religion or anything like that. I’m simply giving you the benefit of my experience. And, my experience tells me based on trial and error that alcohol is murder on tinnitus. For me, red wine is the worst! You talk about a painful choice? I was a connoisseur of red wine. I loved red wine!! Still do. To give it up was the hardest thing I’ve ever had to do. I still go on wine tours with my wife and I have to watch everyone else drink. How painful do you think that is?

Here's the thing. No matter how painful it is to give up things you like, Tinnitus is worse!!! Believe me, I've been through it. Today, I only drink on special occasions. Do I pay the price? You bet! For at least a day afterward. Is it worth it? Probably not, but then again I'm not perfect. Sometimes I just say to myself, "hey, I'm having a good time and the heck with it, I'm having a glass of wine." You have to right? You have to let your guard down sometimes, right?

Nevertheless, avoid alcohol, wine and beer whenever you can. You won't regret it. It'll be tough. But, you won't regret it. Alcohol in moderation can be a good thing, but not for tinnitus sufferers believe me. You really want to avoid it at all costs!

~

Chapter IV

Look out! I'm back. The water drinking, coffee avoiding, decaf tea-toddler is back! What have I got cooked up for you in this chapter that can help you reduce your tinnitus volume and get back in the game of life? Am I gonna make you give up television? Chips? Chocolate? Candy bars? Nuts?

Nope! None of those things. I'm not gonna make you give up anything! In fact, I'm going to ask you to do something that you may or may not already be doing? The #4 way to reduce your tinnitus volume is....

Do more of what you love!

Say what? That's right...do more of what you love to do. What do you love to do? Golf, painting, sailing, walking, riding, driving, skiing, scuba diving, play your instrument etc? Today is about doing more of what you love to do. Will that reduce your tinnitus volume, it sure will! How? Because you'll be focusing on what you love instead of what you don't. You won't have time to focus on tinnitus because you'll be caught up in the joyous rapture of doing what it is you really want to do.

So, this is not a request, it's an order. Pick yourself up out of that big "woe is me" arm chair you've gotten comfortable with and get your butt out the door and do what you want. Today! Not tomorrow, today! Ever heard the expression, "don't put off until

tomorrow what you can do today!” That’s so true. And, even more so for tinnitus survivors. You deserve a break from that constant whine in your head. You deserve to treat yourself to a day of fun and frivolity.

When you start focusing on what you want out of life your tinnitus will just vanish. You’ll forget about it. And, when you do forget about it, it doesn’t exist then does it? It’s true, if you’re not focused on it, it doesn’t exist. Period!!!!

You can argue this point but you can’t win. The truth is, if you don’t notice your tinnitus you don’t really have tinnitus. There are many people that would be unhappy with this statement, but I’m very comfortable with it. Based on my experience, when I’m doing what it is that I really want to do, then my tinnitus disappears. I’ve trained myself so well that I consider myself cured. You can be too!

Coming up in the next chapter I’ll be dealing with, what I believe to be, the biggest factor in reducing your volume but by far the hardest thing you’ll ever have to do! But, you can do it if you know “how to do it!”

~

Chapter V

This lesson is the hardest thing for most people to learn. If you can really get this next lesson, you're 99% on your way to being cured from the chronic tinnitus suffering. You hear it talked about all the time. Many people know the symptoms of it but the vast majority of people have no idea how to deal with it. And, believe me, it's your worst enemy as a tinnitus patient. What is it? What's this dreaded monster?

STRESS!

I can feel you getting stressed out just by saying it. This is our #5 way to reduce your tinnitus volume... "Get rid of your stress."

REDUCING STRESS = REDUCING VOLUME

Why is this so hard to do? Well for starters, most people have no concept of what stress is. Most people think it's the symptoms ie: anxiety, anxiousness, being up-tight, feeling anger, resentment etc. The truth is the symptoms are not stress. Once you learn the real definition of stress you can learn to rid yourself of it. So, here's the definition of stress...

Stress is; "The amount of energy you put into resisting your situation."

It's not the situation that's causing you stress, it's the energy you put into resisting your situation. So, how do you not resist it? Accept it!

Take tinnitus for example. Tinnitus causes stress and when you're stressed out you get more tinnitus right? But, you say to yourself, "I hate tinnitus." Well, hating tinnitus causes more stress because you're resisting it. Don't! Tinnitus is your friend. It's here to tell you something about your life that you don't already like. It's here to tell you that you need to be taking better care of yourself. You need to be doing what you want to do instead of what others expect of you.

Acceptance of tinnitus is the key to healing. When you accept your tinnitus you will reduce the stress and anxiety that it causes and therefore you will reduce your volume. Remember, reducing stress = reducing volume. Guaranteed!

Honestly, knowing the definition of stress will help you a lot but it won't give you the weapons you need to win the battle. I can't teach you that in one email. That's a journey you'll need to take over a period of time. But, there's no better time than the "now" to start anything. When it's 2 weeks from now it will be NOW! So, it will always be now and therefore you can only start, NOW! Are you confused now?

Wow, can stress really cause tinnitus? You bet! But I know you can get a handle on it if you make a clear conscious choice to get a handle on it. If you don't try, you'll still be going crazy with Tinnitus in 2 years from now.

When it comes to stress, meditation helped me the most. Please use your mediation CD that came with your “Tinnitus Free Living” package at least once a day.

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Chapter VI

Today, is my 6th and final report day! How have you done so far? Is your tinnitus still driving you crazy? Have you taken my advice on; drinking more water, avoiding caffeine and alcohol, getting out and doing what you want to do and reducing your stress? I hope so.

You know, nothing worthwhile comes from no effort. It always amazes me when people do the same things day after day expecting a different result.

Wouldn't it be great if I could just give you the wonder cure for tinnitus? But if you are like me, you believe things happen for a reason. Believe it or not tinnitus is driving you to make lifestyle changes; changes that will make you a better person; healthier, happier, more grateful and it's forcing you to do more of what you love!

My thought on this is; most people have no idea what they want out of life and then when tinnitus comes along they keep doing the same things they've always done expecting a different result. Well, news flash! That's not going to work. If you keep doing the same things, your tinnitus will stay the same.

What will work? Effort! You need to get off your duff and do something to make your life better. When you make your life better, your tinnitus will get better. Is the tinnitus a wake up call for you to improve your life? Yes. If you make it so!

So, the #6 way to reduce your tinnitus is...

LEARN

That it? That's it! All you have to do to reduce your tinnitus volume is start to learn everything you can about what it is you really want. What do you want? Do you even know? Most people don't and that's a sad fact.

If you figure out what it is you want out of life, then start learning how to get what it is you want and your tinnitus will disappear into your subconscious. Why? Because you'll be so busy enjoying life that you'll forget about it. And, when you forget about it, it doesn't exist, does it?

Learning is the key to the universe. Someone once told me, "If you're not learning you're dying." That is so true. So, {FIRSTNAME}, today is your opportunity to learn. Today is the day you turn this thing around and get what you really want instead of what you don't. I already know what you don't want. You don't want the ringing in your ears. But here's the thing; if you focus continually on what you don't want, you're just going to get more of what you don't want.

Focus instead on what you do want. When you do, your life will change forever. Use tinnitus as a beacon to change your life for the better. It's a gift. It's here to change your

life, change your behaviors and make you into the person you've always wanted to be.

Who is that person? How will the world remember that person?

Learn everything you can about you and what you really want and I promise you that tinnitus will fade into a distant memory. Treat yourself today to a new life filled with hope, promise, good friends, big goals and lots and lots of tinnitus-free living.

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Appendix

I wish to thank you for reading “The Top Six Ways to Reduce the Ringing.” For those of you that would like more information you can always visit my web log at <http://www.paultobey.com/blog>. I post a number of answers to questions from people who email me and there is a lot more learning to do there.

I’ve also compiled a list of books and Tinnitus resources that have helped me.

<http://www.paultobey.com/tinnitus-resources.html>

Comments, questions and suggestions can be emailed to info.tinnitus@paultobey.com or you can post a comment to my blog.

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