

OurHealthNews

Making Health Affordable
Together

NOTES FROM THE KAT

In this Issue:

- [Tinnitus: Do You Hear Ringing in Your Ears? Here's help & a 10% Savings!](#)
- [Constant Health + Soothing Greens Sale Reminders](#)
- [Health in the News](#)

Greetings [[firstname]],

Tinnitus: Do You Hear Ringing in Your Ears? Here's Help!

Can you imagine a constant ringing, buzzing, humming, or whistling that rings through your ears even in silence? Turns out this is a pretty common phenomenon, called Tinnitus.

This kat had never ever heard of tinnitus, until long-time member Chuck O. mentioned to Teri one day he was spending \$130 a month for just one remedy. Teri began a little research and, learning that it's so common and that some very basic supplements can help, passed it over to moi for a newsletter piece.

Turns out one in five people over 55 (mostly men) report tinnitus symptoms -- a perceived ringing, scratching, whining, whistling, buzzing sound in the ears. Tinnitus-sufferers can "hear" sounds as wide-ranging as crickets, tree frogs, waves, and songs.

Most often tinnitus results from noise-induced hearing loss, though it can result from ear infections, wax build-up, allergies, hearing impairment, and a variety of other acute causes like whiplash and dental infections.

Interestingly, in some forms of tinnitus, it's actually the sufferer's ability to hear his own body from the inside that causes the ruckus -- blood rushing, heart pumping, lungs whooshing -- the body is a never ending bustling construction site!

For some, the symptoms are very mild, but for others, the constant array of sounds can be very disruptive to a normal life. That's why this kat has put together some tips to help you out if you happen to be one to hears the ringing (can't help those of you who hear the little voices telling you to eat the cookies, I'm afraid).

Supplements to Support Tinnitus Symptoms

Ginkgo Biloba - While most widely-known for boosting cognitive function, ginkgo has been shown to help with tinnitus and dizziness, too. One tinnitus study had success with 120-240mg of ginkgo daily.

Melatonin - A major bummer for tinnitus sufferers is sleep deprivation. Participants given 3mg of melatonin each night for 30 days showed improvement, and researchers were delighted with melatonin's safety.

B Vitamins - Interestingly, B vitamin deficiencies have been shown to result in tinnitus, possibly because of B vitamin influence on nerve function. **B12** levels in particular seem to be low for tinnitus sufferers, and how shown to help severe cases.

Zinc - Turns out zinc is highly concentrated in the inner ear, and further, tinnitus patients given zinc (34-68mg in one study) for more than two weeks saw significant improvements.

Start Saving on Supplements
TODAY!

More from the Co-op

- [Product Catalog](#)
- [About Us](#)
- [Quality Testing](#)
- [Newsletter Archive](#)
- [Testimonials](#)
- [FAQs](#)

Top 10 Latest top sellers!

1. [Heart Plus](#)
2. [Green Tea Extract](#)
3. [Probiotics 16](#)
4. [Liquid Calcium w/mag., vit D3 & boron](#)
5. [Vitamin D3 - 5,000 IU](#)
6. [B-Trio](#)
7. [Fish Oil \(large bottle\)](#)
8. [Multi-Vites](#)
9. [Greens Plus](#)
10. [Pancreatic Enzymes](#)

Member Spotlight



Dear Co-op,

I have been a customer for about 6 years (I think).

I have referred dozens of people to you. I have been thanked profusely for changing people's lives. Especially the Probiotics.

Jack T.

Tell-A-Friend



Please "[Tell a Friend](#)"

If your friends and family care about supplement quality *and* love a good deal, they will certainly thank you! ^..^



Contact Us

Phone: 800-667-0781 Mon-Fri 10am-4pm EDT

Web: www.ourhealthcoop.com

[Magnesium](#) - Odd factoid, but true, loud noises (found in all cities) actually cause magnesium to be excreted from the body. While no formal studies have been done, many tinnitus sufferers have reported relief while supplementing magnesium.

Buy Tinnitus Kit & Save 10%

While all of these products are fairly inexpensive, we've gone ahead and created a [Tinnitus Relief Kit](#) with all the above handy supplements to save you a little dough. Normally these products would cost you a total of \$30.12, but if you buy the kit, **you'll save over 10% or \$3.17** and pay just \$26.95. [Check it out!](#)

Tips for Minimizing Tinnitus Symptoms

Avoid Noise & Other Irritants - Loud noises, nicotine, caffeine, alcohol and too much aspirin can all aggravate tinnitus by forcing blood through the veins.

Use White Noise - Turning on a fan or some soft music can help tinnitus, as can a specialized "Tinnitus Masker." Specially designed for tinnitus ears, maskers play ambient sounds and soothing music to help with relaxation and sleep.

Take It Easy - Stress seems to make tinnitus worse. A bit of a vicious cycle, since ringing and scratching in your ears causes plenty stress in the first place. This means proactively de-stressing through exercise, meditation, and other techniques is especially important.

Curb Your Salt Intake - Who knew? Excess salt can increase buildup of fluid in the ear. Consider this another reason to keep the salt shaking to a minimum.

Constant Health & Soothing Greens Sale Reminder

[Soothing Greens](#) is now just **\$9.95!** That is a **\$15 dollar savings** from the regular price. Long-term members and Bill Henderson's subscribers alike are scooping up Soothing Greens at this great price.

[Constant Health](#) ([French Vanilla](#) or [Rich Chocolate](#)) is now just **\$24.95!** That is a **\$20 savings** from the regular price. Constant Health fans are thrilled to save so much on their favorite protein-packed breakfast drink mix.

This will be the only time you can get these amazing products at such tremendous savings. It is only while supplies last so stock up while you can.

Health in the News

- [B Vitamins and the Aging Brain Examined.](#) B vitamins-B-6, B-12 and folate-all nourish the brain. But much remains to be discovered about the relation between these essential nutrients and our brainpower.
- [Vitamin D Could Reduce Mold Allergies.](#) Vitamin D may protect asthmatics from an allergic response linked to common mold, suggests a new study from the US supporting the vitamin's immune health effects.

That's all for now, fair members! ^..^

Still purringly yours,

Guido

Guido Housemouser
Chief Kat and Community Manager
Our Health Co-op, Incorporated
4188 Westroads Drive, Unit 123
Riviera Beach, FL 33407
Making Health Affordable

Together

Please use the following link to order products:

<http://store.ourhealthcoop.com>

DO NOT write to Guido about orders, as your order inquiry will only be delayed!!! The "kat" is happy to receive and respond to other types of notes though!

For all questions related to orders, or for email orders, PLEASE

USE: orders@ourhealthcoop.com

The information presented in this newsletter is for subscribers to evaluate individually. Please seek a professional's advice when making healthcare decisions.

This newsletter is from Our Health Co-op and is being sent to subscribers only. To unsubscribe, please send an email to:

guido@ourhealthcoop.com

[Product Catalog](#) / [Tell-a-Friend](#) / [Newsletter Archive](#) / [Privacy Statement](#) / [Sign-up for Newsletter](#)

Copyright 2009 Our Health Co-op, Inc. All rights reserved.