



Article published on May 5th 2012 | [Health](#)

## Fish oils and omega-3 fatty acids

There appears to be an inverse association between higher intakes of long-chain nâ€“3 PUFAs and regular weekly consumption of fish and hearing loss. Dietary intervention with fish oils could prevent or delay the development of age-related hearing loss.

Many natural health practitioners believe that diet can generally affect the performance of the ear. In such cases many can recommend a diet that is rich in Vitamin A and B1. Vitamin A can also be found in dairy products such as cheese and eggs and in liver and carrots. Vitamin B can be found in whole meal bread, potatoes, peanuts, and brewer's yeast. Vitamin B1 is believed to help in repairing damaged cell tissues in the ear and even helps in strengthening the auditory nerve.

## Herbal Treatments

### Internal Applications

Ginkgo biloba â€“ this herb improves the circulation to the head, including the ears. This allows toxins to be removed more quickly, avoiding any toxic build up. Take 100 mg per day.

Rosemary â€“ this herb supports and strengthens the blood vessels and improves circulation.

Passionflower â€“ the extract of this herb can regulate circulation so the ears get enough blood flow.

Plantain â€“ the extract of plantain is said to sharpen the hearing and is safe enough to take daily until symptoms no longer remain.

Yarrow â€“ this herb can improve the circulation in the body, including the ears.

Garlic â€“ it is said that drinking 1 ounce of garlic juice with 1 ounce of onion juice per day can restore hearing.

Mistletoe â€“ use caution with this very potent herb. The recommended dosage is 5 drops of tincture or less to treat hearing problems.

Sesame â€“ in China, sesame seeds are used to treat hearing loss. Add these seeds to your diet on a regular basis.

To prevent sudden loss in hearing some precautions should also be taken such as:

- Donâ€™t use cotton swabs in ears
- Low-sodium diet, non-processed foods, eating less sugar
- Herbal Diuretics
- Limiting the intake of stimulants such as: coffee, alcohol, and tobacco

-A reduction in hard physical exertion and only low impact exercises

-Absence of noise exposure such as guns, engines, rock concerts, MP3 players

Article Source:

<http://www.articleside.com/health-articles/natural-treatment-for-sudden-hearing-loss.htm> - [Article Side](#)

[NinaCook](#) - About Author:

For More Information To Treatment of Hair Loss Click on a [natural treatment for sudden hearing loss](#) | a [treatment for sudden hearing loss](#)

Article Keywords:

natural treatment for sudden hearing loss, treatment for sudden hearing loss

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!