

Hearing Loss

Written by Delores A. Hampton
Sunday, 05 August 2012 13:49

Depends on what part of the ear the loss is located in as to what type of hearing loss it is. There is conductive hearing loss, sensorineural hearing loss, and mixed hearing loss.

Echinacea- Internal Purposes: Can help to make poor equilibrium more balanced which will also lessen the dizziness that can be experienced. In addition, echinacea can be useful for fighting infection and ease congestion. The best forms of echinacea to take are either capsule or in tea form.

Ephedra, Eucalyptus, Hyssop, Mullein, & Thyme- Internal Purposes: A good strategy to relief congestion is to choose one of these herbs. A side effect of losing the congestion would be to also decrease ringing in the ears.

Ginkgo biloba- Internal Purposes: Can alleviate dizziness and help a person to hear better as a result of hampered blood flow. In addition, other herbs that may better circulation and blood flow to the ear can be butcher's broom, cayenne, chamomile, ginger root, turmeric, and yarrow.

Bayberry Bark, Burdock Root, Goldenseal, Hawthorn Leaf and Flower, and Myrrh- Internal Purposes: Responsible for cleansing the blood and clearing up infection. Cautions: Use goldenseal for only one week at a time. More than that could upset the normal flora in the intestines. Do not use goldenseal if you are pregnant. Be careful with goldenseal if you have been diagnosed as being allergic to ragweed.