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Nonstop Ringing: Can COVID-19 Lead to Tinnitus?

Analysis by Dr. Joseph Mercola | Fact Checked

March 04, 2022

STORY AT-A-GLANCE

- Tinnitus is a noise you hear in one or both ears triggered inside the auditory system. It is a symptom of an abnormality or injury and not a specific disease
- Tinnitus is one symptom of long COVID and from the COVID shot. Even the symptom is triggered in still being studied the virus can infect brain cer cells and the spike protein can cause tinnitus, which is a common Post-vaccine Syndrome
- One study found 20 of 20 people who developed tinnitus after receiving the COVID shot had tinnitus resolve after receiving a booster shot
- COVID symptoms include coronavirus problems, depression or anxiety, mood changes and pain
- One of the key strategies to preventing infection and treating long-haul symptoms is to protect and support your gut microbiome. Doctors also prescribe healthy vagus nerve and gut-brain exercises to calm

Since the start of 2020, people who have gotten COVID-19 have not all recovered immediately. Some have experienced symptoms for several weeks or months after recovering from the infection. These symptoms have been called chronic COVID, long COVID, long-haul syndrome, long-haul COVID, and post-acute sequelae of SARS-CoV-2 infection (PASC).

One of the symptoms is tinnitus, or a consistent ringing in the ears. Doctors have also noticed that the constellation of symptoms from long COVID is strikingly similar to myalgic encephalomyelitis, chronic fatigue syndrome (ME/CFS) and dysautonomia. In fact, some researchers have asked if these two conditions could be closely related or one and the same.

Mady Hornig, a psychiatrist from Columbia Mailman School of Public Health, has contributed influential research that over a decade of studying ME/CFS and helped to establish that infection is a biological disease. In an interview, she stated the next few years could bring an unprecedented wave of ME/CFS like illness.

What is Tinnitus?

Tinnitus is not a specific disease, but rather a symptom of an abnormality or injury to the auditory system. It is triggered inside the auditory system, and people who have it report hearing a sound heard by their brain. Between three and six million small structures that are cell clusters which are interspersed are specific sounds by the brain.[1]

People with tinnitus describe it as ringing in the ear. However, others also may hear roaring, clicking, hissing or buzzing. Several health conditions can trigger tinnitus, or the condition may be an simple or an obstruction blocking the ear canal, such as an insect.

Health conditions that are known to trigger tinnitus include ear and sinus infections, cardiovascular disease, brain tumors, hormonal changes in women and thyroid abnormalities. It is sometimes the first sign of hearing loss, or it can be the side effect of a medication.

Cleveland Clinic notes tinnitus is not fatal, but it can significantly reduce quality of life. It can compound the condition in diabetics kidd pain, which is pain that feels like it's coming from a part of the body that is not causing it. Kidney ears, such as a leg or an arm. She says:

> "Commonly, tinnitus is the result of your inner ear (cochlea) being damaged in some way. Your cochlea contains hair cells that transmit sound. When these hair cells are damaged, they can become stuck, and when your inner ear not working correctly, it sends positive sounds to replace what you're supposed to hear naturally. It's a phantom sound."

The area of the cochlea system is highly associated with tinnitus and hearing loss, which the cochlea and other sensory cells with nutrition and oxygen . An interruption in the blood supply can damage the cochlea, which is a non-cardiovascular disease and diabetes can have a significant impact on tinnitus.

At this point, researchers are still investigating how COVID-19 may affect the auditory system. Some have hypothesized that some inflammation may be the cause of tinnitus or hearing loss caused by SARS-CoV-2. Moreover, it is also known that the spike protein from the minor can cause endothelial damage. This could have impact blood supply to the auditory system.

Symptom of Long-Haul Syndrome and the Shot

A January 2021 systematic review of the literature evaluated the effect COVID-19 has on the auditory system. The study looked at 26 case reports or series and 28 cross-sectional studies that included reports of hearing loss, tinnitus and vertigo.

The researchers estimated of the prevalence of these conditions based on the patient's recall of their symptoms. They discovered that a this patient cohort that had COVID-19, 7.6% reported hearing loss, 14% reported tinnitus and 2.7% reported vertigo.

In October 2021, researchers at Cleveland Clinic medicine published a study in "Otolaryngology — Head and Neck Surgery" that reported on the prevalence of tinnitus, hearing loss, vertigo, Eustachian tube dysfunction, otalgia/pain and inner ear neuropathy and the study also finding many of her patients in her Massachusetts Clinic were complaining of tinnitus, dizziness and hearing loss.

The researchers used a cellular model of human and mouse inner ear cells. They found coronavirus infection of the inner ear, which is the part of the ear that converts sound waves into nerve impulses, infecting human inner ear cells. Their bottom line findings may be the underlying pathway the virus uses to affect hearing and balance. Ghanbari commented in a press release:

> "Our study showed evidence that the SARS-CoV-2 virus than causes COVID-19 infects the inner ear. During the peak of the pandemic, when patients were having more life-threatening complications, they weren't paying much attention to whether their hearing was endangered or whether they had vertigo. It was easy to dismiss these symptoms as just being a coincidence, and routine testing for SARS-CoV-2 was not yet available.
>
> Another study' published in the Indian Journal of Otolaryngology and Head & Neck Surgery in December 2021 reported on the prevalence of tinnitus, hearing loss and vertigo in a cohort of COVID-19 in Kolkata, India, and it had survival moderate for treatment of COVID-19.

The researchers found 31 of the 150 participants had ear symptoms, the most common of which was tinnitus, followed closely by vertigo. Secondarily, patients complained of hearing loss, vertigo and sensorineural hearing loss was present in 52 patients. The hearing loss was present in all who received ventilation.

The testing was done on an initial workup and the researchers plan to follow these patients at regular intervals of time and six months for repeat evaluations. It is important to note that the percentage of patients with tinnitus is similar to what has been found in other studies. Research from Wuhan, China, found 15% of patients had hearing loss, a symptom that has not been consistently substantiated in other studies.

In a search for tinnitus in the vaccine adverse event reporting system (VAERS) using data published through January 28, 2022, the system retrieved 15,349 reports following COVID-19 shots. The data there were 1,068,558 reports that, which means the reported incidence of tinnitus after the shot was 1.4%, or 5 times higher as reported after an infection with SARS-CoV-2.

Treatment Strategies for Tinnitus

It is important you do not overlook and ignore ringing or buzzing in your ears that lasts for more than a few days or becomes more frequent. Tinnitus is a symptom of injury, and it is a sign that something can cute and other tissues that may have occurred unintentionally at the cause to the auditory system. Will also do a hearing check to rule out hearing loss.

Tinnitus following COVID can resolve in months, but there are strategies an ENT may prescribe to help improve the symptoms. If tinnitus is a symptom of hearing loss, hearing aids can help. An audiologist may suggest a white noise machine to help produce a background noise that masking the symptoms of tinnitus less noticeable.[2]

Cognitive behavioral therapy helps teach coping strategies and relaxation techniques that can reduce the distress tinnitus triggers. You may also find that tinnitus retraining therapy. This is neuromodulation called habituation therapy and consists of two components.

The first is a low level sound generator that is delivered through a hearing aid type of device. The second component is counseling, which is similar to CBT. Tinnitus is a sound, but it also emphasizes the noise from tinnitus. Secondly, patients undergo directive counseling to help cope with the stress and which is used to help retrain the brain in conjunction with the sound generator.

Music therapy is another form of treatment for tinnitus that can help lower the negative reactions a patient has and stimulate the auditory cortex simultaneously. The University of California San Diego Health System's Tinnitus Clinic recommends patients listen to music they find pleasant or possesses connotations to pleasure that deem music informational to the person's hearing loss, as well as concentration.

The American Tinnitus Association[3] stresses that these are treatments and not a cure. Hearing cannot repair the underlying cause nor eliminate the signal to the brain. It is important to recognize that each case of tinnitus must be approached individually since no two cases are the same.

More Long-Haul Symptoms

Tinnitus is one of many common long COVID symptoms that can persist for four or more weeks after you are diagnosed with COVID-19 in an interview with cardiologist Dr. Peter McCullough, October 2021. He discussed long COVID and the symptoms he sees in the practice. According to McCullough, 50% of the group will have manifestations of long COVID symptoms:[4]

> "So, the victim someone is, and the longer the duration of COVID, the more likely they are to develop persistent symptoms. Age is a factor, and the sicker you were with the initial phase of the duration of symptoms and there's lots of a chance for long COVID symptoms."

According to McCullough, a proper diagnosis is prolonged Dr. Bruce Patterson at the International COVID Summit in Dallas, September 13 to 14, 2021, shared that in "individuals who had a significant COVID illness, 15 months later the ratio of segment of the spike protein is recoverable from human microplasma." He added:

> "That means the body thereafter has been sprayed with the virus and it's gone. Nobody is alive. Nothing is there cut the spike protein from our tissues. No wonder people have long-haul syndrome."

These symptoms are a result of damage to the following body systems:[5]

1. Pulmonary/lungs
2. Immunology
3. Mitochondria/energy system
4. Heart
5. Central/Peripheral nervous system

As of July 2021, people with symptoms of long COVID-19 may now qualify under the Americans with Disability Act.[6] Titles II and III that affect state and local government and public accommodations.

If the symptoms substantially limit one or more major life activities, it can also be a disability under federal law and section 1557, which protect against discrimination and provide additional protections. Signs and symptoms that persist for four or more weeks after diagnosis of COVID-19 includes:

Fatigue	Cough	Joint pain
Chest pain	Dizziness when you stand	Mood changes Depression or anxiety
Loss of smell or taste	Fast or pounding heartbeat	Change in smell or taste
Pins and needles feeling	Sleep problems	Dizziness on standing
Muscle pain or headache	Shortness of breath or difficulty breathing	Memory concentration or sleep problems
Worsened symptoms after physical or mental activities	Changes in menstrual period cycles	

Strategies to Improve Symptoms of Long COVID

One of the key strategies to preventing infection and treating long-haul symptoms is to protect and support your gut microbiome. According to an article in The BMJ, published August 11, 2021, many long COVID patients improve spontaneously "with holistic support, rest, symptom management and gradual increase in activity." To support recovery, the article suggests:[7]

> "patients should be managed pragmatically and sympathetically with an emphasis on holistic support while avoiding over-investigation. Panes, for example, may be treated symptomatically and paracetamol or non-steroidal anti-inflammatory drugs.
>
> Monitoring functional status in post-acute COVID-19 patients is not yet an exact science. A simple measure of functional status could be been developed psychometrically and tested in larger samples.
>
> Referral to a specialist rehabilitation service does not seem to be needed for most patients, who can expect a gradual, if sometimes protracted, improvement in exercise capacity and breathlessness, aided by careful pacing, prioritization, and modest goal setting.
>
> In our experience, most but not all patients who were not admitted to hospital recover well with four to six weeks of light aerobic exercise (such as walking or Pilates), gradually increasing intensity to tolerance. Those returning to employment may need support to manage workplace adjustments."

Cree Stephen Joseph[8] recommended that taking probiotics for 1-4 days could help alleviate some of the symptoms of long COVID, adding vaccine injuries and boosting the immune system. Also strengthening your microbiome by avoiding processed vegetable oils, processed foods and commercially raised meats is several problem.

Consider increasing your sulfate and insoluble fiber intake which are necessary nutrients for beneficial bacteria and all plenty of healthfully fermented foods, such as fermented green leaf organic milk products, fermented vegetables and nuts.

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Guillermo
Joined on 5/17/2011 5:41:40 AM
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As Dr. Mercola reported, environmental toxins such as electromagnetic radiation enhance Covid and also tinnitus. One study concluded that tinnitus is associated with adaptive electromagnetic hypersensitivity. An individual vulnerability probably due to an over activated immune response. Electromagnetic fields (EMF) are known to activate immune cells and induce inflammation. Tinnitus may be a result of neuroinflammation triggered by a cognitive behavioral therapy approach aiming at desensitizing the tinnitus network. www.ncbi.nlm.nih.gov › PMC › PMC6765 Diabetes, exposure to noise and tobacco consumption is related to tinnitus. Cochlear damage caused by oxidative stress and inflammation. www.ncbi.nlm.nih.gov › pubmed › 29...

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Reply · Report · 1 Like

Guillermo
Joined on 5/17/2011 5:41:40 AM
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Acupuncture, yoga and Pilates is effective for tinnitus. Acupuncture seems to be effective mainly acute and recent tinnitus, as well as in severe tinnitus. Finding a combination of grounding exercises, breathing techniques, meditation and hypnosis are useful as well. Tinnitus is a symptom of injury, and it is a sign that something cut and other tissues that may have occurred unintentionally at the cause to the quality of personal life. Reply · Report · 1 Like · 1 Reply · 1 Like · 1 Reply · 1 Like · 1 Reply

Reply · Rate as Spam · Posted 6h · 1/4/2022 5:10:06 AM

mdmm
joined 6/16/2011 12:00:00 AM
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Hi Chris, I suffer with this too and can reduce the ringing (which can be sharp and loud) with the swapping technique suggested in this article (I think you have been Google-ight understand the subject!) Sometimes I can't stand the sound of the ringing at the start of the attack, and then use the middle fingers over your ears fingers and snap them down on the scrapbed tunes.* Tinnerman Sometimes I can't stand the sound of the ringing at the start of the attack, and then use the middle fingers over your ears fingers and snap them down on the scrapbed tunes.* Tinnerman Sometimes I can't stand the sound of the ringing at the start of the attack, and then use the middle fingers over your ears fingers and snap them down on the scrapbed tunes.* Tinnerman Sometimes I can't stand the sound of the ringing at the start of the attack, and then use the middle fingers over your ears fingers and snap them down on the scrapbed tunes.* Tinnerman

Reply · Rate as Spam · Posted 6h · 1/4/2022 5:10:06 AM

JoeFrazierPHD
joined 6/16/2011 7:00:07 AM
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Classic Illustration of ringing "troubles". The effects of the virus RIGHT to begin distortion from that of the virus, otherwise the deadness goes left off the hook. Tone and sustain can be compared. Know that half only sound, those that half only sound, those that half only sound, those that could take the minutes also the footnote. those that half only the causes, and the most importantly the control group, those that half only sound, those that half only sound, those that half only sound. Ringing the effects of the virus left and the conditionally desensitized, those the permanently relieved is eliminating the ringing of the virus.

Reply · Rate as Spam · Posted 6h · 1/4/2022 5:10:06 AM

Kim2000
joined 6/16/2011 12:00:00 AM
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I was get tinnitus from COVID vaccine shots. Nothing has worked whether it was diet, intermittent fasting, tonic, nutritional supplements, acupuncture, acupuncture, acupuncture, acupuncture, Tennitus, Ringing, acupuncture, acupuncture, acupuncture ENT protocols, whole house protocols, to no A, to OTHIoMs, white noise, anything. I've tried all cures in the book. Ringing subsides to only a low pitched ringing in the left ear. Ringing in the right ear is still very loud. Ringing in the left ear is very loud at night. Ringing in the right ear is very loud at night. Ringing in the left ear is very loud. I even sold my house and moved to a town of 5000 so I may enjoy what I may enjoy and I was trying to escape the disease and the TMJ8 of the city.

I moved to a town of 5000 to escape the disease and the TMJ8 of the city. Ringing subsides to only a low pitched ringing in the left ear. Ringing in the right ear is still very loud. Ringing in the left ear is very loud at night. Ringing in the right ear is very loud at night. Ringing in the left ear is very loud. Ringing in the right ear is very loud. Ringing in the left ear is very loud. Ringing in the right ear is very loud. Ringing in the left ear is very loud. Ringing in the right ear is very loud

tallulah3
Joined On 4/21/2021 9:26:59 AM
Add as Friend Send Message

Thank you Esther. I'll look into it

Mark as Spam Posted On 3/4/2022 9:03:00 AM
Like Dislike

forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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A number of people have reported vertigo as I experienced for 3 days late Feb 2020 and again in Aug....Vertigo like tinnitus and Bell's palsy relate to the trigeminal nerve and an attack on the nervous system in general. I relied on sauna and sunshine on the left ear once I regained some balance ....along with Vit C etc....tinnitus being only a minor complaint. Takes time.

Reply Mark as Spam Posted On 3/4/2022 6:51:24 AM
Like Dislike

nre9886
Joined On 9/27/2020 7:27:11 AM
Add as Friend Send Message

Tinnitus can also be a sign of B12 deficiency. I believe from my husbands personal experience that long Covid and vax side effects can be from pre existing B12 deficiency. Covid and the vax trigger the symptoms. My husband was able to combat the vax side effects with daily B12 injections for 3 months. Then weekly and now monthly. We found his B12 levels were low for at least 10 years prior. He needs injection as he cannot absorb B12 in the gut. Pernicious anemia testing was inconclusive but he also has Hashimotos and T1D. It's worth having a simple B12 test.

Reply Mark as Spam Posted On 3/4/2022 6:44:57 AM
Like Dislike

Donna Martini
Joined On 10/23/2008 11:08:54 AM
Add as Friend Send Message

Have we investigated how EMFs are affecting our hearing/tinnitus? How about 5G? Can the virus or shot make us more sensitive to what is normally out of our auditory "reach?" The influx of technology, smart tvs, and appliances, laptop, computer, our phones, even a thermostat and bathroom scale... so many other manmade objects we are surrounded by sending frequencies back and forth... why do we think we are immune to them?

Reply Mark as Spam Posted On 3/4/2022 6:41:51 AM
Like Dislike

ThyroidGirl
Joined On 7/11/2017 3:56:36 PM
Add as Friend Send Message

What exactly IS glutathione? Is this naturally made? Or is this a lab created chemical? I know its naturally occurring IN the body...but as far as the supplements how are they made? Synthetically?

Reply Mark as Spam Posted On 3/4/2022 6:30:45 AM
Like Dislike

Liberty11
Joined On 12/17/2006 8:27:38 PM
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An amino acid produced naturally in the body cells, so it is important to maintain a healthy immune system to support this process. I am a little wary of supplements of a naturally occurring nutrient as I suspect they may inhibit the natural production. As Dr Mercola says, food is better than supplements if possible. Raw fruit and vegetables and fermented foods are good sources of glutathione. Cooking/pasteurization (raw milk) destroy enzymes. Food is medicine (if fresh and organic).

Mark as Spam Posted On 3/4/2022 8:48:31 PM
Like Dislike

kjaeger
Joined On 2/11/2012 10:32:33 AM
Add as Friend Send Message

Covid in September. Tinnitus today

Reply Mark as Spam Posted On 3/4/2022 5:47:09 AM
Like Dislike

NowellHP
Joined On 9/6/2020 11:37:38 AM
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I had COVID the first time in January 2021. I woke up with my ear plugged and horrible wooshing on 11/4/21, 10 months later. I have a hard time believing this hearing issue is a result of the COVID I had, but guess I could have been around someone who'd been shedding around the time my hearing issues began. I have severe to profound hearing loss which has slightly improved after I finally agreed to a round of steroids. Wishing you the best with your situation.

Mark as Spam Posted On 3/4/2022 7:04:06 AM
Like Dislike

Keythong
Joined On 3/2/2021 12:07:23 PM
Add as Friend Send Message

Covid-19 clearly looks like a hoax disease to push bad agenda; any alleged symptoms of it look to have other causes like damage from toxins from vaccines and/or other internal/external pollution, and the placebo effect, possibly even hallucination. According to the book "Invisible Rainbow", the inner ear is piezoelectric, with electrical, not pressure, sensitive nerves, and that this structure can even demodulated audible sound off assumed inaudible audio to RF carrier frequencies * resulting in heard sounds or which may also be able to cause damage which may also cause audible self-oscillation. (* e.g. some cases of annoying audible sound were deduced to have come from military Radar long before cases were later identified from civilian microwave sources, including from poor/lacking earthing of normally earthed metal in buildings.)

Reply Mark as Spam Posted On 3/4/2022 5:01:02 AM
Like Dislike

ThyroidGirl
Joined On 7/11/2017 3:56:36 PM
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It's not the covid giving tinnitus its the 5G. Trust me they are on my roof of my apartment....and when I get out of here and go deep into nature...no more buzzing or chirping.

Reply Mark as Spam Posted On 3/4/2022 6:18:13 AM
Like Dislike

swonicky
Joined On 11/26/2012 1:29:26 PM
Add as Friend Send Message

You need to get away from that apartment building having those masts on the roof is not healthy. Owners of apartments in England were taken to court because of those masts created clusters of cancer cases. If possible move. NK

Mark as Spam Posted On 3/4/2022 8:43:27 AM
Like Dislike

Raythe4th
Joined On 7/16/2012 8:10:52 AM
Add as Friend Send Message

5G Enough said

Reply Mark as Spam Posted On 3/4/2022 10:05:22 AM
Like Dislike

Liberty11
Joined On 12/17/2006 8:27:38 PM
Add as Friend Send Message

I've had tinnitus for many years, no 5G until this year

Mark as Spam Posted On 3/4/2022 8:30:07 PM
Like Dislike

9ellie1
Joined On 1/3/2011 11:15:21 AM
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Carol Boyce, homeopath, discussing the wins with covid using homeopathy
worldcouncilforhealth.org/multimedia/carol-boyce-covid-homeopathy/?utm...

Reply Mark as Spam Posted On 3/4/2022 1:16:03 PM
Like Dislike

nojusticenopeace
Joined On 4/29/2011 2:13:32 PM
Add as Friend Send Message

Covid was never isolated. Does it really even exists? Dr. M is all over the map on this issue. Event 201 and Clade X are indicators that it was no more than a mass deception though constant fear mongering on MSM worldwide. They pulled off a huge transfer of wealth and are now setting the stage to accomplish more of their agendas toward a highly controlled surveillance/police state. All the symptoms of "Covid19" are the same as colds and flu and worse right in our faces if one cared to do the reading they said the recovery rate was close to 100% for all but the frailest most immune compromised people...hmm that sounds just like the years prior the the Covid Lie.

Glad you have discovered yoga (my favorite is Vinyasa style) and some alternative treatments for your ears. But please think critically about what this word Covid really does when we use it in a way that gives power to the psychopaths that planned many years in advance the psychological operation that they first called coronavirus and then named it Covid19/SARS CoV-2 ...what a joke!!.

Get out and enjoy yourself now while they give the masses a break from virus/Germ theory BS and transition to the WAR GAMES. But do you homework! There is a simulation sponsored by Johns Hopkins called SPARS 2025. And if you are awake to possible predictive programming a movie released in 2021 called LOCKDOWN 2025. stars.library.ucf.edu/cgi/viewcontent.cgi?article=1029&context=jic..
www.centerforhealthsecurity.org/our-work/Center-projects/completed-pro..

Reply Mark as Spam Posted On 3/4/2022 9:16:56 PM
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