

YOU CAN CURE YOUR TINNITUS

TINNITUS DIARY

BASED ON PETER'S BEST SELLING BOOK
I CURED MY TINNITUS

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Based on Amazon bestselling book "I Cured My Tinnitus" this interactive workbook is really about change. It directly applies Peter's techniques of finding the real root cause of tinnitus. Peter explored wide range of topics that effect tinnitus on a daily basis, including: Diet, Body, Movement, Relationships, Work, Stress, Sleep.

How to work with diary

- At every morning, 15 minutes after I woke up, when brain is fully waken up, I sat on the bed.
- Setup the volume of pink/white noise (as instructed at the book I cured my tinnitus).
- Wrote down the volume of lowest audible level o pink/white noise tinnitus diary.

Doing this every day I knew immediately if tinnitus was stronger or weaker that the day before, because when I had to increase volume of pink noise to be able to listen pink noise at all, I knew that tinnitus was also stronger, that day. When I heard pink noise on lower volume, I knew that tinnitus is weaker at that day.

This is how I was able to measure volume of my tinnitus every day. Changes were very subtle, but measurable with good mp3 player.

Important notice

Tinnitus MUST be always much louder, than pink/white noise. Pink/white noise needs to be listened on lowest possible volume and this vary every day.

Tinnitus diary notes (recorded on every morning after pink/white noise setup)

- 1) Sleep – how long did you sleep and when you went to bed.
- 2) Meals – record what you ate the day before and then avoid foods that increase your tinnitus. In addition to your specific findings, avoid foods that increase tinnitus in most people. It's all additives in the meal, including "natural flavors", no washed fruits, raisins and candied fruit, FRIED MEALS, chocolate, sweet, sardines, etc. You will also discover foods that make your tinnitus weaker.
- 3) Drinks – record what you drank the day before, and how much water you drank. Tinnitus can increase various kinds of juices, alcohol, coffee etc. Ideally drink filtered water and herbal tea.
- 4) Situations – such as sports, traveling, sauna, excursions, cleaning, and more. You may be surprised by the context you find. In my case, it was a ride on roller skates and swimming. I solved it with physiotherapist. On the contrary, my tinnitus was lower after sauna, crying, and when I expressed anger. Manifestation of all emotions has decreased my tinnitus always.
- 5) People – meeting or communication with certain people. If you find that after meeting with someone, your tinnitus is day after stronger it needs to be solved. I solved this with therapist, and it was a crucial thing to get complete relief.

You will find below tinnitus diary for 1 month. Feel free to print as many months as you need. I used diary for 9 months until I got complete relief.

Example of two days

| | | | |
|---|--|--|---|
| ① | sleep  |  11:30pm - 8:00am 8,5 hours |  10:30pm - 7:30am 9 hours |
| ② | meal  |  Cereals, bananas, cheese, raisins |  Salad with goat chee- se, chocolate cake |
| ③ | drink  |  Filtered water, apple juice |  Red wine, tap water |
| ④ | situations  |  Sport - jogging |  Business trip by car 300 miles |
| ⑤ | persons  |  Meeting with boss |  Phonecall with mother |
| ⑥ | LOWEST audible volume of pink noise on morning | 16 | 14 |

Week 1

| | | | | | |
|--|---|---|---|---|---|
| Sleep  |  |  |  |  |  |
| Meals  |  |  |  |  |  |
| Drinks  |  |  |  |  |  |
| Situations  |  |  |  |  |  |
| Persons  |  |  |  |  |  |
| LOWEST audible volume of pink noise on morning | 1-50 | 1-50 | 1-50 | 1-50 | 1-50 |

Week 2

| | | | | | |
|--|---|---|---|---|---|
| Sleep  |  |  |  |  |  |
| Meals  |  |  |  |  |  |
| Drinks  |  |  |  |  |  |
| Situations  |  |  |  |  |  |
| Persons  |  |  |  |  |  |
| LOWEST audible volume of pink noise on morning | 1-50 | 1-50 | 1-50 | 1-50 | 1-50 |

Week 3

| | | | | | |
|--|---|---|---|---|---|
| Sleep  |  |  |  |  |  |
| Meals  |  |  |  |  |  |
| Drinks  |  |  |  |  |  |
| Situations  |  |  |  |  |  |
| Persons  |  |  |  |  |  |
| LOWEST audible volume of pink noise on morning | 1-50 | 1-50 | 1-50 | 1-50 | 1-50 |

Week 4

| | | | | | |
|--|---|---|---|---|---|
| Sleep  |  |  |  |  |  |
| Meals  |  |  |  |  |  |
| Drinks  |  |  |  |  |  |
| Situations  |  |  |  |  |  |
| Persons  |  |  |  |  |  |
| LOWEST audible volume of pink noise on morning | 1-50 | 1-50 | 1-50 | 1-50 | 1-50 |