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Ringing In the Ears

If you have been wondering what's causing the ringing in your ears, you've got to start looking at the ringing as the effect, the end product, which you may then trace back to the cause.

See, that's what folk do not understand about tinnitus (the fancy name for ringing in the ears) - it is not the thing, it's the product of the thing. And by 'thing' I mean the underlying problem that you do not know that you have. It's that 'thing' that's causing the ringing in your ears. And in order to get rid of it, you want to figure out what's causing it.

But that may not be as easy as you suspect - there are many, many things that may cause ringing ears. Ear trauma, infection, low thyroid, elevated blood pressure, even wax building up - any one of those things may be the reason behind your ringing ears. There are even some rare illnesses that may cause ringing ears, so it's a smart idea to go to your doctor to rule out those more major causes.

But a large amount of the time, you'll go to the doctor, get diagnosed as having tinnitus, which can just about amount to "Got ringing in the ears?" "Yup." "You've got tinnitus." But the doctor will not be ready to tell you why, and send you home with some medicines that might or might not work and an admonition to stay away from loud noises. (Which, by the way, is actually truly good recommendation - intense noises, even if they are not the reason behind the ringing ears, can worsen your tinnitus, so it's best to reduce noise as much as humanly possible.)

But do not worry - while knowing the reason behind the ringing in your ears helps to treat your tinnitus, it is not aduty. To discover more about [ringing ears causes](#) and how it's possible for you to treat your tinnitus even if you do not know what caused it, go to <http://earringingcause.com> to learn more.

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