

WANDA'S PERSONAL TINNITUS HELPS

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**This PDF document is not written as medical advice as I'm not a medical professional. I am simply sharing some of the things I found helpful in my own journey of healing from Tinnitus. Anyone reading this must do their own research and discern what is right for YOU.*

Through prayer I learned that because I had allowed my physical immunity to weaken due to overload and stress, it left me vulnerable to spiritual attack. I was shocked to discover that the most intense ringing I was experiencing in my left ear (level 7/8 decibels) was caused by tormenting demonic spirits. Because I was in a weakened physical, mental, and emotional condition, the spiritual adversary took advantage of that and attacked me physically. Thankfully, the Holy Spirit led me through prayers of deliverance and I saw dramatic improvement every time (this was about a 2-month process that brought the decibel levels down to a 2/3). Even so, there was still a measure of ringing that was caused by physical issues that needed to be addressed. What I share below are some of the protocols I used that brought a measure of relief.

Lastly, I do not accept anyone who says Tinnitus is "incurable" and that you "just have to deal with it." As a believer in Christ and one who has experienced supernatural healing in my body, I always give God the final say concerning any diagnosis. I believe it is possible to not only reduce the troubling systems of Tinnitus, but get free and clear of them altogether. Whether it's through medical intervention or heaven's intervention, anything is possible! We certainly must do our part in the healing process, but where we are limited, God is not. I encourage you to mix your faith with practical solutions and then leave the results to Him:-).

UNDERLYING CAUSE: SINUSITIS and ALLERGIES

There are many different reasons for ringing in the ears. For me, the underlying cause was sinus issues. The major presenting symptom was my EARS FEELING FULL AND PLUGGED. I thought I simply had wax in my ears. For years I have used ear candles and they always brought relief. However, this time I found they did absolutely nothing in stopping the POPPING and CRACKLING sound – and RINGING. I finally went to my doctor who said, "You've got tons of fluid behind your ears!"

This was my first wake-up call to an underlying physical issue that I had always ignored. Though I had exhibited allergy symptoms for years (coughing, sneezing, sinus congestion, etc.) I never treated them seriously (denial is not "faith"!) That all changed. I learned that my sinuses were so congested, even my eustachian tubes didn't open correctly. It was as if everything was glued together, and nothing was moving. Thus, all this fluid had accumulated and was putting increased pressure in my ear canal. It was also causing inflammation and preventing proper drainage – which caused some of the ringing.

My doctor gave me two rounds of antibiotics which took care of the fluid and did improve my condition. It didn't deal with all the congestion, however. Here are several of the things I did to alleviate my congestion, drainage, and sinus pressure – which in turn lessened the ringing in my ear:

EXPECTORANTS and DECONGESTANTS

For me, Sudafed was the only thing that worked for me. I noticed a decrease in pressure (and ringing) when I consistently took this medication to alleviate sinus pressure. I did try Mucinex, but ended up feeling too

dizzy and foggy headed so I stuck with Sudafed. (I've used Mucinex before and have been fine. But, with already dealing with the intense ringing, flu-like symptoms, and lack of sleep, it was too much.)

LYMPHATIC MESSAGES

My son, a massage therapist, recommended a specialist who did an hour-long lymphatic massage on my sinuses. Oh my goodness! I never realized how “stuck” I was. I was told I would actually feel worse for a day or two as my body got rid of all the toxins – and they were right. I went into full-blown flu! But, it cleared my sinus passages and started the much-needed process of getting unplugged. Realizing how important it is to keep the sinus passages open, I began to do massages on myself regularly by watching some YouTube videos:

[Congestion, Allergy, and Sinus Pressure Relief using Sinus Lymphatic Drainage Massage at Home](#)
[Lymph Drainage for The Ears](#)
[Sinus Drainage & Headache Relief Exercises](#)

I did these massages whenever I started having that “full” feeling and the ringing got really intense. I could slowly tell a difference in my sinuses as my breathing got easier and the congestion loosened up. (I could tell some of the ringing was caused by sinus issues when I yawned or swallowed because the ring sound changed. Once I took care of the drainage issues, there was usually a lessening of the ring.)

EUSTACHIAN TUBE DYSFUNCTION (ETD)

I never knew there was such a thing! But, I found out that the eustachian tubes are the much-needed passageways to the throat that help clear mucus from our sinuses. Problem was – mine were glued shut! I couldn't open them – for weeks! This was what was causing much of the pressure inside my ear cavity – and some of the ringing. I knew I needed to get those tubes opened up so that everything could drain out properly. Here are a few videos to help describe the issue:

[Understanding Eustachian Tube Dysfunction](#)
[Eustachian Tube Dysfunction: Causes & Treatments](#)
[Eustachian Tube Dysfunction & How to Fix it!](#)

ETD was causing a measure of the sinus pressure in my head intensifying the ring. I found several things very helpful in this: [Sinus massages](#), [steam therapy](#) (this brought the most consistent and immediate relief during the night!), [castor oil packs](#) (this oil can do incredible things!), and [herbal teas](#) (for being a hardcore coffee drinker, this was a big step – but a powerful addition to my daily routine that brought effective results!)

[Ear Reflex Mobilization for Sinus Congestion, Tinnitus, Eustachian Tubes](#)
[Steam for Sinus Congestion, Chest & Lungs!](#)

([Steamer found on Amazon](#))

[Exercise Your Ears \(3 Remedies for Tinnitus, Hearing, Eustachian Tube Dysfunction, Congestion\)](#)
[1 Cup will CLEAR UP Mucus & Phlegm in Sinus, Chest, and Lungs](#)

[Castor oil](#) can be applied on the face over the sinuses and is absorbed through the skin. The immune system reacts by releasing more lymphocytes (cells that fight off infections) to speed up the recovery process. My massage therapist instructed me to do this and then place a warm towel over my face (over the sinuses or

lymph nodes most clogged) for 15 minutes (I had to re-wet the towel several times to keep it warm). This is a “castor oil pack” treatment that has been found to help many different physical issues. For me, it always helped open up my sinuses and relieve the pressure.

DIET, EXERCISE, and REDUCING INFLAMMATION

Throughout my research, a common theme from practitioners and doctors alike was to avoid DAIRY and GLUTEN, as both can cause inflammation. Though I’ve heard this suggestion throughout the years for other issues (that I never dealt with) I decided to try it. I saw an immediate effect in cutting out dairy (cheese, specifically – which I LOVE!) I also noted a difference in cutting out a majority of the gluten in my diet (I love bread, too!) I couldn’t deny the tangible effect of cutting these out of my routine (or at least drastically reducing them). Inflammation is a hidden condition inside our sinuses and can cause a lot of pressure buildup. Though I’ve also taken Ibuprofen to reduce inflammation, a more long-term remedy is to simply cut out those foods that exacerbate the condition – hard, but Oh, so worth it 😊!

If the issue is a clogged lymphatic system or congestion, movement is essential to keep things flowing. Taking a brisk walk every day keeps the lymphatic system working – as well as reduce stress! Understanding that our body needs to keep moving to function properly is essential for good health.

Also, tons of water! I saw a tangible difference on the days when I didn’t get enough fluids in me. Things simply got stuck and clogged. Especially when you’re congested, you need fluids to flush everything out. Lemon water has been an easy and effective drink in my daily routine (simply slice fresh lemons into your water pitcher or glass). This, too, is a long-term habit to start and maintain for good overall health.

SUPPLEMENTATION

The only over-the-counter medication I took was Sudafed and Ibuprofen. I did take extra Vitamin C as well as other essential vitamins and minerals. Though there are numerous [Tinnitus pills available on the market](#), I found little evidence that any of them actually work. Some of the “natural” remedies do have some great homeopathic supplements in them, but I haven’t found any magic bullet:-). Because every Tinnitus case has a different cause, what works for one person may not work for another. You just have to try to find out.

In the beginning of the worst of my symptoms I did take some Ivermectin. Bobby and I had taken this in 2020 when we first came down with Covid and had great success with it. It did help with a lot of the flu-like symptoms and I quit taking it after 5 days (at 12 mg/day). I know of others who take this on a regular basis and find it very helpful.

SERRAPEPTASE

Through my research, I came upon a particular supplement I had never heard of, but which had great reviews on Amazon (you want to learn how something actually works – read the reviews!) SERRAPEPTASE is a protein enzyme that targets respiratory issues by thinning the blood and mucus in the sinuses. There’s no question the Lord led me to this as I was desperate to find something to help thin things out without doing all the castor oil packs and steam sessions! This little supplement did the trick. No more clearing of the throat constantly or feeling congested. Drainage was easy and I found there were additional benefits such as fighting inflammation and building your immunity.

[The Miracle of SERRAPEPTASE & Proteolytic Enzymes Revealed](#)

I started with a pretty high dosage of 120,000 IU (later finding they suggest starting with a smaller dose lol).

*WARNING: You must take this supplement on an EMPTY STOMACH and not eat for at least 30 minutes. You'll find in the reviews that those who didn't do this experienced major side effects when eating too soon. I take it first thing in the morning with water.

ALSO: Those who already take blood thinners may need to reconsider adding this supplement. SPEAK WITH YOUR DOCTOR BEFORE CONSIDERING THIS. (Again – I am not a doctor and am only passing on something that helped me:-).

STRESS

Yes, stress makes things worse! Some days I can tell when I've gotten overloaded because the ringing is more intense. REST is extremely important – as is slowing down and learning how to take anxious thoughts captive. Track yourself to see if there are any patterns of ringing that would indicate a reason for any increase. More importantly, learn to wait on the Lord, take time in His presence, and pray. Get in the Word and speak His truth out loud. Build up your faith and don't allow your body or temporary symptoms to lead you into depression. This is where faith is built – in the midst of contradictions. Don't give up! God is a healing God and wants to set you free.

CONTROVERSIAL – BUT WORTH CONSIDERING

[Dr. Bryan Ardis](#) has been on the frontlines of the Covid battle ever since losing his father-in-law to Covid in 2020 due to the hospital's forced remdesivir protocol (that turned out to be deadly). He has been outspoken about the sources of these "viruses" and how to combat the resulting symptoms from both Covid and the vaccinations. Though some believe he is highly controversial, I have found his research to be solid and, so far, many of his theories have proven true.

In the last year he has uncovered a startling reality concerning the ultimate target of the C19 "bio-weapon." Rather than being just the spike protein that is causing all the damage, he points to the "nicotinic acetylcholine receptors" located in the brain stem. In a [scientific study released in January of 2023](#), it reveals how the spike proteins have been targeting these 'nicotine receptors' and causing the shut-down of key bodily functions associated with C19. These include the loss of taste, loss of smell, loss of control in breathing, loss of hearing, and even *RINGING in the ears or Tinnitus*. He suggests that SOME who are experiencing Tinnitus *may* be experiencing the side effects of their "nicotine receptors" being compromised due to Covid, the vaccines, or even shedding.

What's the answer? NICOTINE! Not smoking – but nicotine gum or patches. Ardis clarifies that nicotine is *not addictive* as we've been led to believe. What has made cigarettes addictive are particular ADDITIVES from the big companies wanting to make money – not the nicotine itself. Citing the fact that nicotine is found in many common plants and night-shade vegetables, he believes this God-created substance has positive properties meant for our good. (Watch this [video by Dr. Ardis](#) talking about "NICOTINE! UNDERSTANDING THE WEAPON AND THE TARGET!!!".)

In the paper cited, an experiment was done to test out this theory on those who were experiencing negative symptoms from "long hauler Covid." Upon using the nicotine patches, the report shows 100% improvement for each participant. You'll have to read the study for yourself to get all the details.

Why am I sharing this?

When I first found out about this, I felt the Lord gave me the OK to try this. For those who have [listened to my testimony](#), I spoke about a particular “protocol” the Lord led me to. Well – this was it. Though I was NOT cured of Tinnitus when following this protocol, there is no question that the Lord led me to it and “blessed” it. Every time I took a “dose” of nicotine, His manifest presence came upon me powerfully. As I shared in my testimony, He told me He was responding to my ACT OF FAITH. Knowing how crazy it seemed – and realizing potential risks (if you Google this the results should be awful!), God wanted to reward my faith. Because I did not see any physical results of using the nicotine patches, I can only conclude that my particular Tinnitus was not caused by Covid but something else. But, because of how the Lord led me to start taking it, and how He apparently “blessed” every dose – I want to share it for those who may qualify and actually see some results.

To be clear – I am not suggesting this is the answer, nor am I saying this will help everyone with Tinnitus. But, based on what I’ve seen and heard, I want to share it so you can do the research yourself. Based on the results that continue to be reported to Dr. Ardis, it may be something for some of you to try who have experienced Tinnitus since Covid or the vaccine.

*[Another interview with Dr. Ardis on nicotine](#): (Start around 21 minutes)

FREQUENCIES AND MANIPULATION OF ELECTROMAGNETIC FIELDS

There is ongoing study and proof that the frequencies within various modern technologies and electromagnetic fields are being altered and changed – to harm us. Dark forces have been trying to distort the sound of the Spirit and cut off our spiritual “connection” to God by getting us “out of sync” with Holy Spirit. Because we were created with God’s DNA and the capacity to receive spiritual information via Holy Spirit and His gifts, our bodies react when those connections are altered or distorted. This is not “new age” thinking but a reality of being made in God’s image who is SPIRIT.

The Adversary has sought to manipulate and alter you, My perfect creation. I made you in My image and placed within you the capacity to live and move from this place of glory. And yet, the forces of darkness have sought to disrupt My purposes and change the natural elements to get you out of sync with My heartbeat and the intonations of My Spirit. The sicknesses and ills that have ravaged mankind are the result of these manipulations of the enemy and they must stop! And they will stop – as you pursue this place of My Glory (Ezekiel 28:22). I am calling you, My perfect ones, into My holy presence and into My glory, for it is there that all will be made right. All will be made holy and RESET back to My perfect design. (From a prophetic word posted on August 2, 2023, [A BAPTISM OF FIRE WILL BRING HIS GLORY AND HEAVEN’S DIVINE RESET](#))

Thus, I personally believe that there are some who are experiencing Tinnitus, and a myriad of other troubling symptoms, as a result of these frequencies being changed and manipulated. 5G towers are but one source of concern for many who have been following the trend in recent years, bringing an increase of headaches, brain fog, and other cognitive problems.

But, even as these problems are being confirmed, the remedies are few. For the masses impacted by these technological “advances” the solutions must be of a Higher Order. I believe our ultimate answer to all physical maladies and attacks will be found by seeking the presence of God.

A HIGHER PERSPECTIVE

This outline has focused primarily on the physical aspects of treating Tinnitus. I am praying that for those who have been struggling with Tinnitus, something here may be of value. However, regardless of the condition or the mode of treatment, I must urge you to consider the BEST treatment available. That is THE PRESENCE OF THE LORD! I teach on this and have several videos devoted to this practice in my own life which has made the biggest difference ([Go to my YouTube channel to see all my Playlists](#)). I believe that God is more than able to heal and deliver ALL who have Tinnitus. His methods may differ, but the source is the same. And our faith and trust in HIM must be central.

I believe it in this place of God's presence and GLORY that things can be made right. All of the enemy's devices against us can be destroyed and total healing can come. So, please – make it your priority to seek the face of God on a daily basis and make HIM your daily medicine:-). It WILL bring results!

**For many more articles and PDF's on current issues and spiritual battles, go to my [RESOURCE PAGE](#).*

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