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Tinnitus: one problem that can be solved

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The author explains the origin of idiopathic or subjective tinnitus. After more than ten years of research (at a personal centre and at Rome University "La Sapienza" Faculty of Medicine ..) we have solved more than 80% of tinnitus problems for a thousand people. We have found that the perceived sound can be a source of stress and can be recorded in the brain as "dangerous". We illustrate that a psychological and neurological rehabilitation implemented in a multifactors approach can give health and offer a new normal quality of life. With biofeedback EEG, EMG and GSR we are implementing our therapy. The biofeedback helps people understand the effects of stress on tinnitus and how to manage this stress to optimize performance and improve health. Previous studies have shown an enhancement of human performance and faster rehabilitation when physiological measures (respiration rate, heart rate, skin conductance, temperature, and surface electromyography) were fed back in sessions of Autogenic Training.