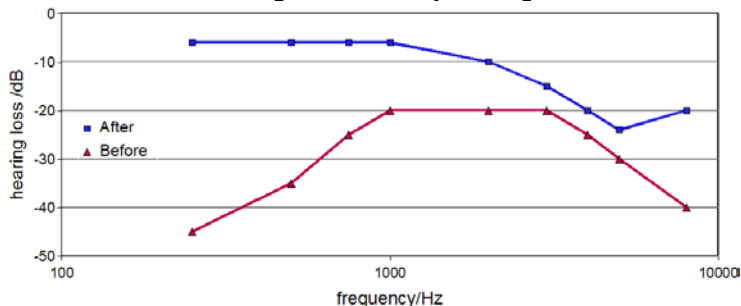


The Tinnitus project was born by accident in spring 2006, when the special anechoic cabin for sound and EMC measurements were presented to visitors at the University of Applied Sciences in Ingolstadt. Leaving the cabin after technical explanations by Prof. Dr.-Ing. Pöppel one visitor's feedback astonished everyone: "Wow, my tinnitus has gone!". Now, the following questions emerged: what should we do with such a chamber without experience, without scientists in this field, without money - but perhaps with the chance to help people with tinnitus very simply only by staying in the cabin? At that time, we didn't believe that a 1000 healthy pupils (used as a control group) and a 1000 test persons would have been in there. Also, that many of these test persons have been helped and that many simple cabins would have been built by sufferers to help themselves.



P1: Pupils in our cabin – for 8 years/200 per year

After further astonishing responses by other visitors suffering from tinnitus for years, we started in 2008 with ENT specialists at first to investigate in what way and to what extent we could help such patients. We found that roughly 10% of sufferers with a regular high tone tinnitus could be helped - some of them with acute hearing loss from 5 years ago, too:



P2: red: state hearing loss since 5 years. Blue gain, after 3 sessions in our EMC-Acoustic-Cabin /1/

Thus, it was the starting point of a fascinating project at the Faculty of Electrical Engineering and Computer Science at TH Ingolstadt concerning the most complex electrical circuit known to man: the central nervous system. In the following tests it was often reported that the Tinnitus in the cabin - without noise from the outside - was first perceived as louder, but then trailed off. At times, the test persons fell asleep in the silence of the cabin. It was fascinating to observe locally perceived tinnitus in some sufferers disappearing for many years: For example, an adolescent that had to deal with temporary noise lasting several minutes and a consecutive headache

that would last for hours, was cured in a few sessions of 1 hour duration (rem.: stable for 7 years now). A student with a locally and a globally perceived tinnitus had been treated at the tinnitus clinic for two months without success. After a series of sessions in the special cabin, the tinnitus was gone - no relapse in 8 years now: "very good/perfect"/2/. Surprisingly, positive feedback in entirely different areas brought the Tinnitus project into very different directions. A test person had little success with tinnitus. However, she reported, that after a series of sessions, the pain in her fingers and especially knee (osteoarthritis for 15 years) had stopped - she has been stable for 5 years according to later reports. Some other test persons reported, that their pollen allergy was unusually low key, another interesting effect - this was often reported in many allergy cases: sun, cat-hair, food, hair-color...sometimes gone after one session and stable for years - without any change in lifestyle. The best example of successful allergy cure occurred after 20 years of suffering with many cortisone therapies which had had little effect by participating in the Tinnitus project. Stable since 9 months /3/:



P3: Autoimmune reaction for 20 years, gone in a few sessions

The most prominent of such autoimmune disease cases was one of multiple sclerosis: the patient, who had had months of being in a wheel chair. After 6 months of weekly sessions she/he was symptom free in the cabin for 8 years running - without medicine .

This has led to much more simplified cabins at test person's homes, traditional healers, doctors and in wellness areas:



P4: Self-made cabins by test persons in cellars /4/

Also, chronic pain lasting for 15 years was reported to have disappeared for years after just one session. Obviously, the special relaxation in the cabin offers a lot of influence/chances to improve the nervous, immune, hormone and cardiovascular system. In future, it will be necessary to improve success rates and seek out combination options with existing therapies and do more fascinating research to help a lot of people with cabins of reduced electromagnetic fields. This programme is only financed by small donations.

/1/ Forschungsbericht2010 TH Ingolstadt:„Tinnitusprojekt“

/2/ Springer: Lärmbekämpfung, 01/2015:
"Das Tinnitusprojekt an der TH Ingolstadt"

/3/ Prof. Dr.-Ing. J. Pöppel: Christmasletter Nr. 10: 2017

/4/ Kastner,medintern12/2017:
„10 Jahre Tinnitusprojekt-Praxis“, Prof. Dr.-Ing. J. Pöppel