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A study of tinnitus intervention, combining the human voice (toning) and energy alignment to demonstrate the benefits of using holistic alternative self-help approach to eradicate tinnitus

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A holistic study of tinnitus to explore the etiology of tinnitus and to examine a successful alternative self-help approach, which combines the human voice (toning) with subtle energy alignment, was done. Four case studies of adults who suffered from tinnitus are used to illustrate the benefits of the approach. Each subject completed a three-week self-help programme combining toning, colour and energetic alignment. The clinician researcher evaluates the methodology of the approach and cause of symptoms from both physiological and metaphysical perspectives.

Biography

Jennifer Warters' extensive experience as a speech and language therapist, working in hospitals, schools and community settings led to twenty years as a Speech and Language Generic Consultant within the National Health Trust in the UK, coordinating and delivering an area wide service to adults with learning disabilities and children with complex needs. Post Graduate training in counselling and holistic therapies inspired her look for alternative ways of addressing communication and hearing impairment. Leaving her profession, to establish a voice consultancy, Jennifer developed an innovative approach to adults and children with 'special needs' drawing on her deep understanding of the subtle energy field and the energetic imprints which can indicate underlying causative factors in physical conditions and behavioural problems. Her interest in the links between consciousness, communication and hearing impairment prompted her current tinnitus research programme validating the positive effect of Toning and energy alignment to eradicate the condition.

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