

## **Tinnitus suppression enhancing inhibitory neurotransmission by the diet**

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An aim in the subjective tinnitus treatment is its suppression during a lot of time, nominally during months. The proposed study would try to get a diminution of tinnitus perception, or even its suppression, on one hand, during the treatment through beta-oxidation of lipids, which increase the ketonic bodies that produce an increase in the inhibitory neurotransmitters and a decrease in the excitatory neurotransmitters. And on the other hand, the oral administration of neurotransmitters as glycine, D-serine, sarcosine, gamma aminobutyric acid, and taurine would maintain and would increase the inhibitory neurotransmitters.

The decrease of excitatory neurotransmission and the increase of Inhibitory neurotransmission would control the tinnitus hyperexcitability, decreasing and suppressing its perception.

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