**Acupuncture** - Some studies suggest acupuncture may help reduce tinnitus, though more research is needed.

**Herbal Supplements** - Ginkgo biloba and other supplements have been explored, but evidence of their effectiveness is limited and mixed.

**Vitamins and Minerals** - **Vitamin B12**: While deficiency in vitamin B12 can cause various health issues, evidence does not support its effectiveness in treating tinnitus in those without a deficiency. **Magnesium**: Similar to vitamin B12, there is insufficient evidence to support magnesium supplementation as a treatment for tinnitus.

**Chiropractic Adjustments**- **Spinal Manipulation**: Some practitioners claim that adjusting the spine can alleviate tinnitus, but there is no solid scientific evidence to back this up. **Craniosacral Manipulation**: This therapy involves gentle manipulation of the skull and spine, but there is no substantial evidence supporting its efficacy for tinnitus.

**Essential Oils** - **Aromatherapy and Essential Oils**: Oils like lavender and rosemary are promoted for tinnitus relief, but there is no clinical evidence supporting their effectiveness.

**Foot and Ear Reflexology**: This involves applying pressure to specific points on the feet or ears, purportedly to relieve tinnitus. Scientific validation is lacking.

**Magnet Therapy**: Using magnets to treat tinnitus is not supported by scientific evidence.

**Ear Candles**: This practice involves burning a hollow candle in the ear canal, purportedly to remove earwax and toxins. It is not only ineffective but also potentially dangerous.

**Biofeedback**: While some claim it helps manage stress and thus reduce tinnitus, evidence is mixed and more research is needed to confirm its effectiveness.

**Homeopathic Remedies** - These treatments are based on the principle of "like cures like" and use highly diluted substances. There is no scientific evidence supporting their effectiveness for tinnitus.

**CBD** - There is currently limited and inconclusive evidence regarding the effectiveness of CBD (cannabidiol) in the treatment of tinnitus. While some anecdotal reports suggest potential benefits, scientific studies have not consistently demonstrated that CBD can successfully reduce or manage tinnitus symptoms. More research is needed to determine its efficacy and safety for this specific condition.