

Scientific References

“Ototoxicity”, available at:

<https://en.wikipedia.org/wiki/Ototoxicity>

“Ototoxic adverse reactions”, available at:

<https://www.frontiersin.org/articles/10.3389/fphar.2019.01161/full>

“Dizziness can be a fatal side effect of many medications”, available at:

<https://www.scientificamerican.com/article/dizziness-can-be-a-fatal-side-effect-of-many-medications/>

“Medicines that cause hearing loss”, available at:

<https://www.uofmhealth.org/health-library/tf3092>

“Are my cold meds making me high?”, available at:

<https://www.thecut.com/2018/06/are-my-cold-meds-making-me-high.html>

“Do antibiotics make you feel dizzy and sick?”, available at:

<https://www.axahealth.co.uk/health-information/musculoskeletal/shoulder-neck-and-head/feeling-dizzy/#:~:text=Dizziness%20and%20a%20dry%20mouth,re%20getting%20enough%20to%20drink>

“Routine quarantine helps astronauts avoid illness before launch”, available at:

<https://www.space.com/6628-routine-quarantine-helps-astronauts-avoid-illness-launch.html>

“Americans are abusing over the counter opioids”, available at:

<https://www.nbcnews.com/storyline/americas-heroin-epidemic/americans-are-abusing-over-counter-drugs-well-opioids-study-shows-n846401>

“List of ototoxic medications”, available at:

<https://www.soundrelief.com/list-of-ototoxic-medications/>

“Chemicals causing hearing loss: ototoxins”, available at:

<https://blog.prochoice.com.au/hearing-protection/chemical-hearing-loss-ototoxins/>

“Medications that cause tinnitus”, available at:

<https://www.tinnitusformula.com/library/ototoxicity-medications-that-cause-tinnitus/>

“Opioid overdose crisis”, available at:

<https://www.drugabuse.gov/drug-topics/opioids/opioid-overdose-crisis>

“Protect your brain with this herb”, available at:

<https://healinggourmet.com/milk-thistle-benefits-for-brain/>

“What are the benefits of milk thistle?”, available at:

<https://www.medicalnewstoday.com/articles/320362>

“Corosolic acid ameliorates acute inflammation through inhibition of IRAK-1 phosphorylation in macrophages”

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5070707/>

“What are banaba leaves? All you need to know”, available at:

<https://www.healthline.com/nutrition/banaba-leaf#benefits>

“What is alpha-lipoic acid?”, available at:

<https://www.healthline.com/nutrition/alpha-lipoic-acid#what-it-is>

“Evaluating protective and therapeutic effects of alpha-lipoic acid on cisplatin-induced ototoxicity”

<https://www.nature.com/articles/s41419-018-0888-z>

“Alpha lipoic acid and mercury detoxification”, available at:

<https://dentalwellnessarts.com/detoxify-mercury-alpha-lipoic-acid/>

“Magnesium and Zinc are essential for healthy brain function”, available at:

<https://www.psychologytoday.com/us/blog/integrative-mental-health-care/201709/magnesium-and-zinc-are-essential-healthy-brain-function>

“Protection against ototoxicity by Zinc”, available at:

<https://pubmed.ncbi.nlm.nih.gov/2535320/>

“Green Tea Polyphenols Protects Cochlear Hair Cells from Ototoxicity by Inhibiting Notch Signalling”

<https://pubmed.ncbi.nlm.nih.gov/25896296/>

“Resveratrol may reverse cognitive ageing by ten years”, available at:

<https://www.nutraingredients.com/Article/2020/04/08/Resveratrol-may-reverse-cognitive-ageing-by-ten-years>

“Chromium”, available at:

<https://www.mountsinai.org/health-library/supplement/chromium>

“The health benefits of Chromium”, available at:

<https://www.verywellmind.com/chromium-for-depression-1066922>

“7 proven health benefits of Ginseng”, available at:

https://www.healthline.com/nutrition/ginseng-benefits#TOC_TITLE_HDR_7