Scientific References

1) Ototoxicity

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

2) Ototoxic Adverse Drug Reactions: A Disproportionality Analysis Using the Italian Spontaneous Reporting Database

https://www.frontiersin.org/journals/pharmacology/articles/10.3389/fphar.2019.01161/f

3) Dizziness Can Be a Fatal Side Effect of Many Medications

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

4) Medicines That Cause Hearing Loss

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

5) Are My Cold Meds Making Me High?

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

6) Do antibiotics make you feel dizzy and sick?

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

7) Routine Quarantine Helps Astronauts Avoid Illness Before Launch

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

8) Americans are abusing over-the-counter drugs as well as opioids, study shows

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

9) List of Ototoxic Medications That May Cause Tinnitus or Hearing Loss

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

10) Chemicals causing hearing loss: ototoxins

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

11) Ototoxicity: Medications that Cause Tinnitus

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

12) Opioid overdose crisis

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

13) Protect Your Brain with This Herb

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

14) What are the benefits of milk thistle?

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

15) Corosolic acid ameliorates acute inflammation through inhibition of IRAK-1 phosphorylation in macrophages

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

16) What Are Banaba Leaves? All You Need to Know

https://www.healthline.com/nutrition/banaba-leaf

17) Alpha-Lipoic Acid: Weight Loss, Other Benefits and Side Effects

https://www.healthline.com/nutrition/alpha-lipoic-acid

18) Evaluating protective and therapeutic effects of alpha-lipoic acid on cisplatin-induced ototoxicity

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

19) ALPHA LIPOIC ACID AND MERCURY DETOXICIFCATION

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

20) Magnesium and Zinc Are Essential for Healthy Brain Function

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

21) Protection against salicylate ototoxicity by zinc

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

22) Green Tea Polyphenols Protects Cochlear Hair Cells from Ototoxicity by Inhibiting Notch Signalling

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

23) Resveratrol may contribute to brain ageing reversal by as much as ten years: Study

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

24) Chromium

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

25) The Health Benefits of Chromium Picolinate

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

26) 7 Proven Health Benefits of Ginseng

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