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Seidman's program can help to prevent--and possibly reverse--hearing loss. The book offers a simple self-assessment test that identifies the type, severity, and prognosis of hearing loss, comprehensive advice on diet and supplements, and

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natural remedies and important
lifestyle changes that can make a
difference.

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where concussions are common, and using protective gear at construction sites or other dangerous environments can help save your ears and more. 7.

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As important today as the year it was published - this book has changed the way I care for myself - in regards to my hearing. I have tinnitus which flairs up from time to time. This program has not only served to assist me in toning down the 'white noise' but it has

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can help to prevent--and possibly
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Prevention and May Even Reverse
Hearing Loss By Michael D.
Seidman, M.D., FACS , Marie
Moneysmith You have seen how
hearing works and understand
the various factors that can cause
hearing loss, as well as some
ways of protecting your ears.

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Four Steps to Save Your Hearing
That Can Prevent And May
Now
Even Reverse Hearing Loss

Get plenty of exercise. Cardio exercise like walking, running or cycling helps to improve blood flow to your ears, which is good for your hearing. It's even better

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if you can do your exercise
somewhere nice and quiet, like
the woods or a secluded beach,
as this also gives your ears a
break from the hustle and bustle
of daily life. Get your hearing
checked . If you are having any
trouble with your hearing or are

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experiencing ear pain, it's a good
idea to see your GP.

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musicians and what you can do to
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Save Your Hearing Now is a comprehensive book that takes into account many years of medical research. I found it fascinating that the methods proposed are basically the same ones that are indicated by most doctors as being important to

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living a healthy lifestyle and
promoting good health in general.
Dr.

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to save you time and money by

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8.00am to 8.00pm. In many
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exposure,” advises Dawn Clare, Head of Audiology at The Royal National Throat, Nose and Ear Hospital. 3. Tune out noisy traffic.

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