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simple self-assessment test that identifies the type, severity, and prognosis of hearing loss, comprehensive advice on diet and supplements, and natural remedies and important lifestyle changes that can make a difference.

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Page 11/36

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hearing and in slowing
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prevent and may even
reverse hearing loss.

[Michael D Seidman;
Marie Moneysmith] --

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combination of
antioxidants, diet,
exercise, and lifestyle
changes, in a reference
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If your deductible is \$1,000 a year, and you 've met that amount, and then if your plan covers 80 percent of the cost of hearing aids, you would be responsible for the remaining 20%. In this example, if you were purchasing a pair of hearing aids for \$4,000, your insurance plan would cover \$3,200 of

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the cost, and you would be responsible for the remaining \$800.

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6. Protect your head.

Skull fractures and head injuries are common causes for inner ear hearing loss, so it ' s important to wear proper head gear when

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necessary. Wearing a helmet when biking, avoiding sports where concussions are common, and using protective gear at construction sites or other dangerous environments can help save your ears and more. 7.

Save Your Hearing -
Hearing Like Me

Page 20/36

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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
corroborated other
preventative methods

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for maintaining my
youthfulness and clear-
thinking.

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After 20 years of
research, leading
otolaryngologist Dr.
Michael Seidman has
developed a
breakthrough all natural
alternative treatment

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program to battle hearing loss safely and effectively. Using a specific combination of antioxidants, diet, exercise, and basic lifestyle changes, Dr. Seidman's program can help to prevent--and possibly reverse--hearing loss.

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Table of Contents

Chapter One: The
Many Tolls of Hearing

Loss 8 Chapter Two:

How Hearing Happens

19 Chapter Three: How

Aging Affects Hearing

and What We Can Do

About It 35 Chapter

Four: Noise and Other

Hearing Damage

Culprits 56 Chapter

Five: Four Steps to Save

Where To
Download Save
Your Hearing Now 78
Chapter Six: Step One:
The Nutrients You
Need 85 Chapter Seven:
Step Two: A Sound
Diet Strategy 135
Chapter Eight ...
And May Even

Table of contents for
Save your hearing now
Save Your Hearing
Now: The
Revolutionary Program
That Can Prevent and

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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.

Four Steps to Save Your
Hearing Now

Page 26/36

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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 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

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daily life. Get your hearing checked . If you are having any trouble with your hearing or are experiencing ear pain, it's a good idea to see your GP.

10 ways to prevent hearing loss - Saga Corporate member blog: protect your ears now to save your hearing later Jono

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highlights the problems
around hearing loss for
leisure-time musicians
and what you can do to
keep your ears safe.

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Now is a comprehensive
book that takes into

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

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Page 30/36

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time and money by

providing instant, free,
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can answer your
question there and then.

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gigs at night, wearing
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reduce your noise
exposure, " advises
Dawn Clare, Head of

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Page 33/36

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now, and where better
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