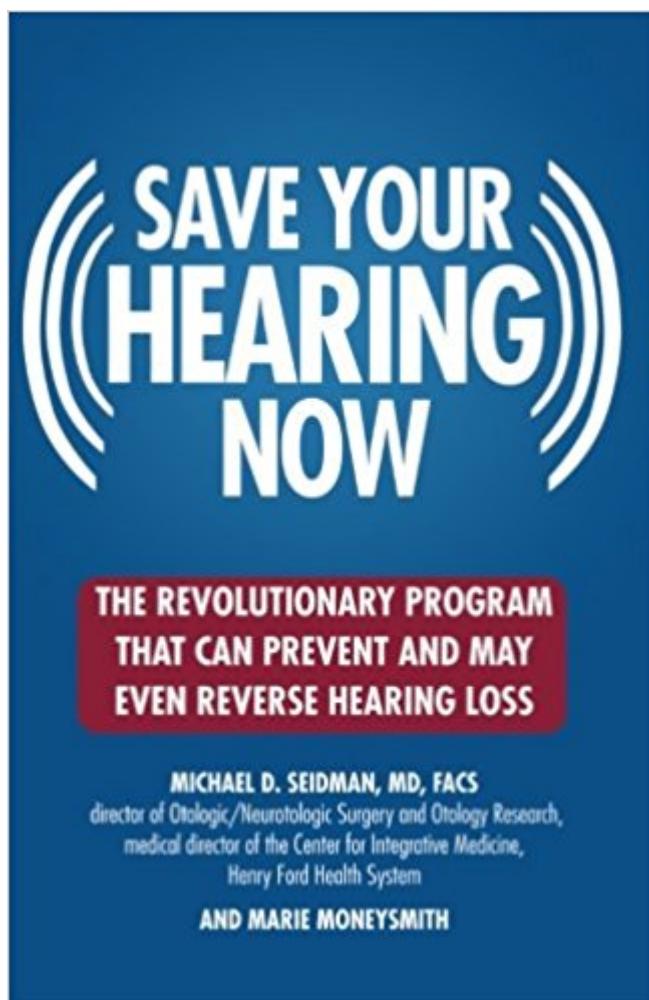


The book was found

Save Your Hearing Now: The Revolutionary Program That Can Prevent And May Even Reverse Hearing Loss



Synopsis

After 20 years of research, leading otolaryngologist Dr. Michael Seidman has developed a breakthrough all natural alternative treatment 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. 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 natural remedies and important lifestyle changes that can make a difference. This is the ultimate resource providing answers--and hope--to the millions of hearing impaired.

Book Information

Paperback: 288 pages

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Average Customer Review: 3.6 out of 5 stars 21 customer reviews

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Customer Reviews

MICHAEL D. SEIDMAN, MD, FACS, lives in West Bloomfield, Michigan. MARIE MONEYSMITH lives in Beverly Hills, California.

Nothing new as science still cannot regrow hair cells and their related nerves that make up good hearing

I find this book to be very informative and an easy read. It covers many angles of hearing impairment and makes doable suggestions for treatment, all of which can contribute to better health overall.

NO PROBLEM WITH THE DELIVERY BUT DISAPPOINTED WITH THE BOOK.THE INFORMATION IN THE BOOK COULD HAVE BEEN TOLD IN ONE PAGE.

Not what I expected.

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 for maintaining my youthfulness and clear-thinking.I have changed daily activities from ensuring that I encounter loud noises with the protection of ear-plugs and also inspiring me to seek out quiet landscapes away from the daily throng of urban life.There is a lot of background on the fact we live in a very loud culture and how this impacts us. I, too am impressed with the recognition that a variety of supplements and dietary changes can impact this most important sense that we all-to-often take for granted.I highly recommend this book to anyone who wants to live a long, productive healthy - sound-filled life.

Well, I've been taking his advice and my hearing has not improved. Maybe I'm not taking enough of the recommended supplements. In any case, I am ecstatic to see a licensed medico suggest that one can do something about hearing loss besides get \$4000 hearing aids. Give it a shot.

I sought out this book after losing much of my hearing to both genetics and noise. I was impressed with Seidman's credentials, and bought the book.It's terrific. Not only is it a book about saving your hearing, but it's a comprehensive 'how to stay healthy' book. But be warned, if you do not lead a healthy lifestyle, you will have to make changes.

good research , book, good for common sense approaches , Overall your hearing can be saved brought back, with good common sense commitments, nice book.

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