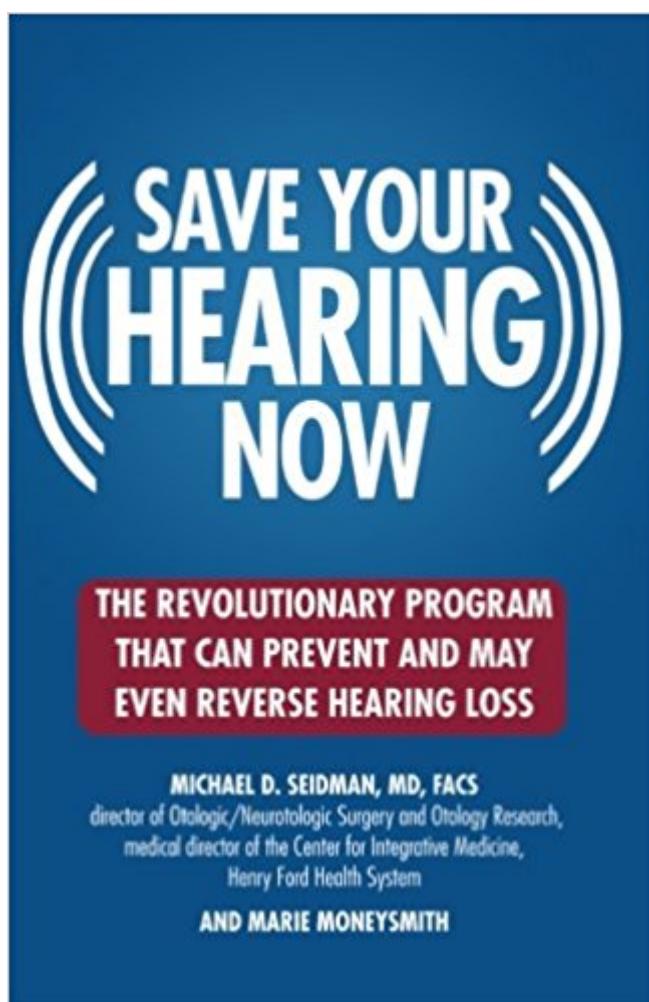


The book was found

# 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

Publisher: Grand Central Life & Style (May 31, 2007)

Language: English

ISBN-10: 044669620X

ISBN-13: 978-0446696203

Product Dimensions: 5.5 x 0.7 x 8.5 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

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

Best Sellers Rank: #1,032,523 in Books (See Top 100 in Books) #110 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Hearing Problems #904 in Books > Medical Books > Allied Health Professions > Audiology & Speech Pathology

## **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.

[Download to continue reading...](#)

Save Your Hearing Now: The Revolutionary Program That Can Prevent and May Even Reverse Hearing Loss Hearing: Hearing Loss Cure: Get Your Hearing Back and Hear Better Than Ever Before \*BONUS: Sneak Preview of 'The Memory Loss Cure' Included!\* (Aging, Tinnitus, Hearing Recovery, Deaf, Health) Hearing Loss Cure: The Ultimate Solution Guide on How to Improve and Restore Your Hearing Naturally, Tinnitus Treatment Relief (Hearing Loss Cure, Tinnitus ... Health

Restoration, Natural Cures) Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) What Your Doctor May Not Tell You About(TM): Hypertension: The Revolutionary Nutrition and Lifestyle Program to Help Fight High Blood Pressure (What Your Doctor May Not Tell You About...(Paperback)) What Your Doctor May Not Tell You About(TM) Prostate Cancer: The Breakthrough Information and Treatments That Can Help Save Your Life (What Your Doctor May Not Tell You About...) What Your Doctor May Not Tell You About(TM): Breast Cancer: How Hormone Balance Can Help Save Your Life (What Your Doctor May Not Tell You About...(Paperback)) The Arthritis Cure: The Medical Miracle That Can Halt, Reverse, And May Even Cure Osteoarthritis What Your Doctor May Not Tell You About Fibromyalgia: The Revolutionary Treatment That Can Reverse the Disease Hair Loss Cure: How to Prevent Hair Loss. Discover the Top Hair Loss Treatment that Will Save You from Eternal Baldness! Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Building Bone Vitality: A Revolutionary Diet Plan to Prevent Bone Loss and Reverse Osteoporosis--Without Dairy Foods, Calcium, Estrogen, or Drugs What Your Doctor May Not Tell You About(TM) Glaucoma: The Essential Treatments and Advances That Could Save Your Sight (What Your Doctor May Not Tell You About...(Paperback)) Your Whole Heart Solution: What You Can Do to Prevent and Reverse Heart Disease Now Even More Dirty One Line Jokes, Even Shorter, Even Funnier What Your Doctor May Not Tell You About(TM): Autoimmune Disorders: The Revolutionary Drug-free Treatments for Thyroid Disease, Lupus, MS, IBD, Chronic ... Doctor May Not Tell You About...(Paperback) Diabetes: Reverse Your Diabetes NOW! How To Take Control of Your Blood Sugar Easy and Fast!: Reverse Diabetes Forever (Type 2 Diabetes Cure Book 1) What Your Doctor May Not Tell You About(TM): Parkinson's Disease: A Holistic Program for Optimal Wellness (What Your Doctor May Not Tell You About...(Paperback)) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

FAQ & Help