

The Sound Connection

The Newsletter of "Hear on Earth"
www.hearonearthtx.com

September 2013

Hearing Health

Rules to Protect Your Hearing



By **Melissa K. Rodriguez**

Loud noises are the most common cause of hearing loss – this is called NIHL (noise induced hearing loss). More people, young and old, are being diagnosed with this form of hearing loss because of the loud world we live in.

Remember the last time the electricity went off – do you remember how very quiet it was? In our world today, it is unusual for us not to hear sound, but the ears do need a rest from time to time.

We have about 15,000 hair cells in each inner ear (cochlea) and these hair cells are what transmit the sound to your brain for identification. The harsher the sounds that enter the cochlea the more susceptible we are to killing hair cells and experiencing permanent hearing loss. The louder the noise, the more quickly damage occurs.

Here are some guidelines to keep your ears healthy:



1. If a sound is uncomfortable...
...it is too loud.
2. If you must raise your voice in order to be heard above the noise...
...it is too loud.
3. If you leave an environment and your ears are ringing or feel numb...
...it was too loud.

Take steps to minimize the damage. If you can't turn down the volume, use earplugs or leave the environment.

Sound is precious and our ears' ability to hear it is so important to a full and exciting life. Don't take your hearing for granted. Be sure to protect it from noise-induced damage.

Fun Fact



Flying with a cold could cause damage to your eardrums!

Your Eustachian tubes run from the middle of each ear cavity to the back of the throat. When you experience altitude changes on a plane they act like a pressure-release valve

If your ears are clear, they naturally readjust to the pressure, but when the Eustachian tubes are full of liquid, which sometimes occurs when you're congested due to a cold, they can't release the pressure. If that happens there is the potential of rupturing an eardrum.

To protect your ears, consult with your doctor before you travel with a cold and use a decongestant to relieve some of the pressure.



Hear Better ... Live Better

www.hearonearthtx.com
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Sound Off!

Sound health in 8 steps by Julian Treasure

The Hindus say, "Nada brahma," one translation of which is, "The world is sound." And in a way, that's true, because everything is vibrating. Every part of your body is vibrating at different frequencies. So you are, in fact, a chord - each of you an individual chord.

One definition of health may be that that chord is in complete harmony. Your ears can't hear that chord; they can actually hear amazing things. Your ears can hear 10 octaves. Incidentally, we see just one octave.

Your ears are always on - you have no ear lids. They work even when you sleep. The smallest sound you can perceive moves your eardrum just four atomic diameters. The loudest sound you can hear is a trillion times more powerful than that.

Ears are made not for hearing, but for listening. Listening is an active skill, whereas hearing is passive, listening is

something that we have to work at - it's a relationship with sound. And yet it's a skill that none of us are taught.

Reductive listening is listening "for." It reduces everything down to what's relevant and it discards everything that's not relevant. *Expansive* listening, on the other hand, is listening "with," not listening "for." It's got no destination in mind - it's just enjoying the journey. Women typically listen expansively.

If you get nothing else out of this talk, practice expansive listening, and you can transform your relationships. This is an excerpt from a talk given by Julian Treasure for Ted Talks. If you'd like to hear the rest of this presentation, log onto www.ted.com. It is an incredible presentation on the power of our hearing.

Please submit *your* 150-300 word opinion to: hearonearthtx@gmail.com. It can be on any subject including, but not limited to your hearing. Then look for it in a future issue of "The Sound Connection".

Doggie View



Massage for Dogs

We dogs love attention and any petting we get is always appreciated! Personally, I love a good foot rubbing my tummy, but Sabrina prefers to be petted with the hand. Did you know that a massage actually helps us canine's live longer, healthier lives?

Start with several petting strokes over our entire body. Briskly rub the large muscles then gently lift and squeeze the muscles. The technique is a lot like kneading bread dough. Next wrap your fingers around each lower leg and squeeze gently. Relax your grip and move up.

This is a great warm up before we go for a run or a great way to relax after a long day of napping.

Munchkin

Light Spinach-Artichoke Dip with Bacon

Ingredients

- ◆ 2 (8oz) French bread baguettes, each cut into 32 (1/4-inch) slices
- ◆ Olive oil-flavored cooking spray
- ◆ 1/3 cup fat-free mayonnaise
- ◆ 2 garlic cloves, minced
- ◆ 1 (8oz) package 1/3-less-fat cream cheese, softened
- ◆ 1 (8oz) package fat-free cream cheese, softened
- ◆ 2/3 cup (about 2½ ozs) grated fresh Parmesan cheese, divided
- ◆ 5 center-cut bacon slices, cooked and crumbled



- ◆ 1 (14oz) can quartered artichoke hearts, drained and chopped
- ◆ 1 (10oz) package frozen chopped spinach, thawed, drained, and squeezed dry

Preparation

Place mayonnaise, garlic, 1/3-less-fat cream cheese and fat-free cream cheese in a large bowl. Beat with a mixer at medium speed until well blended. Stir in half a cup of the Parmesan cheese, bacon, artichoke hearts, and spinach.

Spread mixture into an 11" x 7" baking dish coated with cooking spray. Sprinkle with remaining Parmesan cheese. Bake at 350° for 25 minutes.

Please submit *your* recipe to: hearonearthtx@gmail.com



Wireless. Seamless.Mobile.

One device does it all.

Introducing the industry's most unique and versatile cell phone device – the *SurfLink Mobile*.

Combined with your wireless hearing aids, SurfLink Mobile is everything you need to help you with phone conversations plus enjoy TV and music, listen to presenters, and live life without limitations!

Talking on the phone has never been easier. Once synced with your cell phone it can activate incoming calls, control volume, and more. In fact, your phone never needs to leave your pocket, as your hearing aids can act as both microphone and receiver.

This product is designed to enhance listening in group settings and meetings. Simply place it in the middle of the table and the speech from those around you goes directly to your

hearing aids. This will make it easier to hear what everyone around the table is saying!

Enjoy all of your favorite music or radio programs. This powerful, portable transmitter easily and wirelessly streams sound from music players directly to your hearing aids for a sound that's immersive and impressive.

With SurfLink Mobile, you can hear teachers and other presenters almost if you were next to them. Just place it on the podium, and it transmits directly to your hearing aids.

For information on this product please stop by our office, or give us a call. We'll be happy to answer any of your questions, or arrange a demonstration.



Hear and There

The *other* life of your Hear On Earth staff.

Back To School

Erica's son Marco started 1st Grade at a new school called Lujan-Chavez this year. Erica and family look forward to working with the school staff and enhancing their son's education.



They are both nervous and excited as Marco begins his new school and look forward to a successful school year. Also, it is the first year that he gets to ride the school bus to and from school. We wish them the best!

Clarissa, our social media and marketing expert, has relocated to New York City to pursue event planning and management. With the mobile world of today, she will still be on payroll with Hear On Earth as she continues to keep our website, social media and blogs up to date.

Maria and Melissa took some time in August to attend the eWomen Network International Conference in Dallas, Texas. During this exciting conference they learned about all things business: marketing, social media, branding, customer service, making a difference and networking. In addition they were both able to take part in intensive business coaching.

SEPTEMBER EVENT

Patient Appreciation Days!



When:
September 17th, 18th
& 19th

Where:
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The Sound
Connection,
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pass it on.*



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About Us



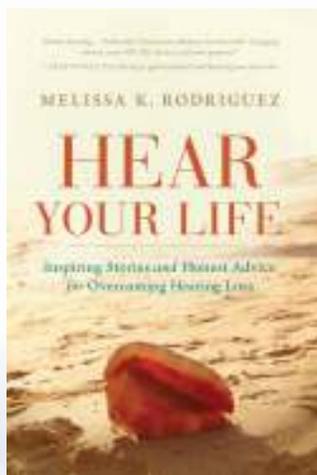
We are here to help you reconnect to the ones you love and a world full of precious sounds.

Our staff are technically trained to be ahead of the industry, and *totally* in touch with you.

We guarantee that *any* of our comprehensive line of products will be customized to *exactly* fit your needs.

Our goal is to brighten your day with our caring touch, and improve your life through personalized amplification.

Hear Your Life



Author and hearing advocate Melissa Rodriguez shares candidly about hearing loss. She is the founder of Hear On Earth and has dedicated her life to helping others hear better.

Available at Barnes and Noble, Amazon and our office. Complimentary copies for your physician or medical care provider can also be obtained at our office.

Contact Us



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