

3 Tips for healthy hearing.

Tip #1: Ditch the cotton swab.

Did you know?

Ears are self cleaning.

Ear wax is healthy.

Cotton swabs can push wax further into your ear and possibly damage your eardrums.

(lawnmower runs)

Tip #2: Protect your ears from loud noises.

Loud noises can damage nerve cells in your inner ear.

(airplane lands)

And cause permanent hearing loss.

(steady beat music)

(machine runs)

Wear protective earmuffs or earplugs around loud noises.

Tip #3: Fill up on healthy food.

(modern music)

Vitamins and minerals are good for your health

- and your ears.

Nutrients that protect hearing

Potassium, Folate, Vitamin C, E, D Omega-3 fats

These nutrients help reduce ear infections.

Improve circulation to hair cells.

Nourish bones in the middle ear.

Find more healthy hearing tips:

Miracle-Ear.com