

Nutrition and Hearing Health

It's common knowledge that consuming nutrient-rich foods benefits overall health. However, what might come as a surprise is the significant role proper nutrient balance plays in maintaining hearing health. Incorporating vegetables and lean proteins rich in carotenoids, omega-3s, and folate sustains your body's energy levels and acts as potent defenders against age-related hearing loss.

Carotenoids: powerful protection

Carotenoids, a type of antioxidant, support your hearing by protecting the tiny structures in your ear from free radicals, which can damage cells. Good sources include corn, bell peppers, tomatoes, radishes, cantaloupe, and carrots.

Omega-3s: delay hearing decline

Getting plenty of omega-3 fatty acids can delay or prevent age-related hearing loss. This nutrient also ensures adequate blood flow to your cochlea, which supports hearing health. Foods rich in omega-3 fatty acids include salmon, tuna, walnuts, chia seeds, and soybean oil.

Folate: keep the blood flowing

Folate ensures healthy blood flow to your inner ear. Sources of folate include dark leafy vegetables (spinach, romaine lettuce, broccoli), beans, peanuts, fresh fruits, potatoes, and whole grains.



Pan-Roasted Salmon and Veggies

The tomatoes and peppers (carotenoids), salmon (omega-3s), and broccoli (folate) in this recipe are a flavorful hearing health powerhouse - enjoy!

Ingredients

- 2 medium red, yellow, and/or orange sweet peppers, chopped and seeded
- 2 cups cherry tomatoes
- 2 cups broccoli florets
- 1 cup fresh parsley, chopped
- 5 garlic cloves, coarsely chopped
- ½ tsp sea salt
- ½ tsp freshly ground black pepper
- 2 Tbsp olive oil
- 4 five- to six-oz. fresh skinless salmon filets
- ¼ cup finely snipped fresh dill or 1 Tbsp dried dill
- 1 lemon, juiced and zested

Directions

Preheat the oven to 400°F. Line a large baking sheet with foil. In one bowl, combine sweet peppers, tomatoes, broccoli, parsley, garlic, and ¼ of the salt and pepper. Drizzle with olive oil and toss to coat. Place salmon on a baking sheet and sprinkle with dill and remaining salt and pepper. Place vegetables on a pan with the salmon, sprinkle lemon zest and juice over the entire pan. Bake for 20 minutes.



At Comprehensive Ear & Hearing, our team is happy to help you strategize and provide any resources you need to feel confident and empowered in your hearing health journey. Call us today to book a screening and consultation!



Get Back in Balance

The inner ear is immensely significant within the human body and orchestrates crucial functions vital to our daily lives. Did you know that it has both a hearing and a balance component?

The vestibular system, the key to balance control, is at the heart of our equilibrium. The cochlea, another essential element, is responsible for our auditory senses. What's surprising is the connection between hearing impairment and balance issues. Conditions like high cholesterol, diabetes, and hypertension can detrimentally impact the blood supply to both auditory and balance regions of the inner ear, leading to serious consequences.

Recent studies from Johns Hopkins University spotlight a startling correlation: individuals aged 40 and above grappling with untreated hearing loss face a staggering three to fourfold increase in fall incidents. These results highlight the urgency for early intervention and proactive measures.

Research conducted by the American Institute of Balance paints a clear picture: hearing loss amplifies the risk of falls, which rank among the leading causes of injury and fatality worldwide. Remarkably, for every 10 decibels of hearing loss, the likelihood of experiencing a fall escalates. Even moderate hearing loss triples the risk of falls.

The interconnectedness of the visual, auditory, and vestibular systems further emphasizes the critical role of hearing in maintaining balance.

Get Back in Balance (Continued)

In light of these revelations, a pivotal question arises: Can hearing aids help bolster balance by enhancing auditory perception and situational awareness? The answer is a resounding yes.

So, if you're concerned about your hearing or your balance, call us and take the first step toward getting answers. Not only can we determine if hearing aids are the right solution to treat hearing loss, but we can also make the appropriate referrals for balance, dizziness, or physical therapy. Hearing your best is a crucial part of living your best life.

Welcome Victoria "Tori" Benes

Hello, everyone! My name is Tori, and I have been part of the CEH team since last November. I'm originally from Coopersville and attended Muskegon Community College and Northern Michigan University, where I focused on health science, customer service, and sign language.



In my free time, I enjoy cooking, reading, playing games, aerial yoga, and hiking with my dog, Dove. I love what I do here at CEH because of the amazing team and because I get to be part of the difference we make in people's lives. Please stop by the front desk and say hello!

Trade Up to Better Hearing

Experience the Difference: Try Before You Buy

Hearing aids with up-to-date technology perform much better than older models. Maximize your hearing ability with new hearing aids today! Present or share this certificate to receive a complimentary hearing consultation and see if you or a friend/family member may benefit from new devices. Test drive a new device for two weeks and use the \$1,000 credit to purchase a new, advanced two-device hearing system.

Cannot be combined with any other offers. Not valid on previous purchases. Valid on an advanced two-device system only. Must be 18 or older. Not eligible with TruHearing and like plans. Offer expires September 30, 2024.

RECIPIENT NAME _____

REFERRAL NAME _____

IN THE AMOUNT OF
\$1000

Comprehensive
EAR & HEARING
of Grand Haven 



Letter From Kristin

At CEH, we are passionate about and committed to the best audiological practices in hearing care. This commitment is integral to our identity, embodying a moral and ethical standard we uphold without compromise.

Our commitment is not just to a few steps but to every step, from initial testing and hearing technology recommendations to fitting, programming, and providing long-term aftercare to ensure optimal performance. This comprehensive approach is what sets us apart.

Best practices require considerable time and effort. While shortcuts could allow us to see more clients and increase profits, they would compromise the quality of care and possible outcomes for our clients. We believe everyone deserves to hear their best, and failing to follow best practices would violate trust. Our dedication to the full spectrum of audiological best practices for every client sets us apart, ensuring no detail is overlooked.

If you have not visited us in the last six months or more, please contact us today to schedule an appointment and make the most of CEH's best practice approach to maximize your hearing health, hearing equipment, and, ultimately, your life.

Kristin Johnston, BA, BC-HIS, Owner



FREE STREAMER ACCESSORY

*with the purchase of a level 7
or 9 two-device rechargeable
hearing system.*

Cannot be combined with other offers.
Offer expires September 30, 2024.

How can you take charge?

*Staying sharp and engaged is
easier than you think and starts
with regular hearing screenings.*

*Whether your hearing seems to be changing or
it's simply been a while since your last checkup,
contact our knowledgeable team for a
personalized evaluation today!*

KRISTIN JOHNSTON | BA, BC-HIS | Owner



Client Appreciation

Our team is dedicated to supporting local organizations that align with our values, such as The Momentum Center. They provide invaluable opportunities for collaboration and offer a range of programs and events aimed at nurturing, educating, and inspiring individuals to address the social determinants of mental health. Explore their mission further at momentumcentergh.org.

We invite you to drop by starting in July, enjoy a cup of coffee or tea on us, and learn more about their impactful work!

**FREE CUP OF
COFFEE OR TEA**

**Redeemable at Momentum -
The Vous Café**

**401 North 7th Street
Grand Haven, MI 49417**

**Present this coupon at the time of purchase.
Coupon expires September 30, 2024.**

Comprehensive
EAR & HEARING
of Grand Haven

Your Experts in Hearing Care



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TruHearing is one of many discount plans we participate in. Call us to discuss your options. We will do the referral for you.