



MOST IMPORTANT VITAMINS TO IMPROVE YOUR HEARING





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by

PUREHEALTH[®]
RESEARCH

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INTRODUCTION:

The bad guys are called “free radicals.” Inside our bodies, oxygen molecules, which come into our bodies in pairs, split up. These lonesome oxygen atoms, free radicals, begin to search for other single oxygen atoms with whom they can pair. This search for other atoms, called “oxidative stress,” is bad news for us because over time it causes intense damage to the proteins, cells, and even the DNA of our bodies.

It’s known that free radicals are part of the reason we develop several serious illnesses like Parkinson’s, Alzheimer’s, cancer, and atherosclerosis.¹ But for our purposes, it’s important to note that free radicals are a major factor in hearing loss.

Whenever loud noises assault our ears, it releases free radicals. Even a single loud noise causes significant creation of free radicals. These loose oxygen cells touch and destroy the tiny hairs in our ears that enable us to hear. Once blasted by free radicals, the hairs do not grow back. Additionally, free radicals impair the blood flow to our ears, which also harms our hearing and results in tinnitus, that terribly annoying ringing sound or rushing noise in the ear.

The good news is, in many cases, you can restore hearing loss. For instance, researchers have demonstrated that a cocktail of several vitamins taken together soon after exposure to loud noises can restore lost hearing.

While much attention is given to mechanical devices and brain implants, there is a growing body of evidence that suggests the first, most important, and least expensive avenue for guarding our hearing is in proper nutrition. This book will focus on seven of the most important vitamins that play a key role in nurturing and healing our hearing.

VITAMIN A

While there has long been anecdotal evidence that vitamin A is useful in preventing hearing loss, the most compelling scientific evidence for it came in the form of a 2010 study in Japan. More than 750 men over the age of 65 were tested for hearing loss. Then everyone in the group gave a blood serum sample. Those men who had the least hearing loss also had the highest levels of vitamin A in their blood.

This nutrient is not produced by our bodies. Vitamin A has to come in through what we eat or drink. Research has also shown that, in underdeveloped nations where vitamin A foods sources are not readily available, there is a preponderance of vision and hearing

problems.

Vitamin A is the building vitamin. It is responsible for building our skin, our skeleton, and most of our soft tissues. This vitamin, which the body converts to retinol, is the source of the pigment in our retinas and it promotes good eyesight. When it comes to our ear, vitamin A is responsible for the fine, exquisite internal structures that make up our inner and middle ear. Since these parts of our ears are also fragile and susceptible to the destructive power of free radicals, an adequate supply of vitamin A is necessary for maintaining and rebuilding these delicate organs. Where does vitamin A come from? This vitamin occurs naturally in vegetables

like broccoli, cantaloupe, squash, and carrots. It is also found in dairy products like ice cream, ricotta cheese, and milk. Protein sources high in vitamin A include fish and liver. According to the NIH (National Institute for Health), the recommended daily amount of vitamin A (retinol) increases as we age. For adult men, the RDA (recommended daily allowance) is 900 mcg (micrograms). For women, it's 700 mcg.



VITAMIN C

In an NIH study published in 2013, researchers concluded that vitamin C, as an antioxidant, was associated with lowering the risk of hearing loss.² Specifically, this vitamin is a necessary part of a group of supplements that, taken together, help to preserve lower PTAs. PTA in this instance has nothing to do with parents and teachers, but rather refers to “pure tone averages,” that is, the ear’s ability threshold to hear sounds at different ranges.

Vitamin C is a real workhorse when it comes to the health of our bodies. In addition to being the first line of defense against free radicals, it helps our bodies to maintain healthy blood pressure, and it works to prevent heart

disease. It also decreases our risk of suffering from many chronic illnesses. Vitamin C helps the body combat uric acid, which is the source of kidney stones and gout. It converts foods like meat and certain vegetables into useable iron. Our memories and our neurological brain functions receive a boost from vitamin C, which is a key factor in mitigating memory loss. Finally, this vitamin strengthens our immune system.

This nutrient may be the most fun to consume since it is found in many tasty fruits and other food sources. Here is a partial list of the delightful foods that contain vitamin C in abundance:

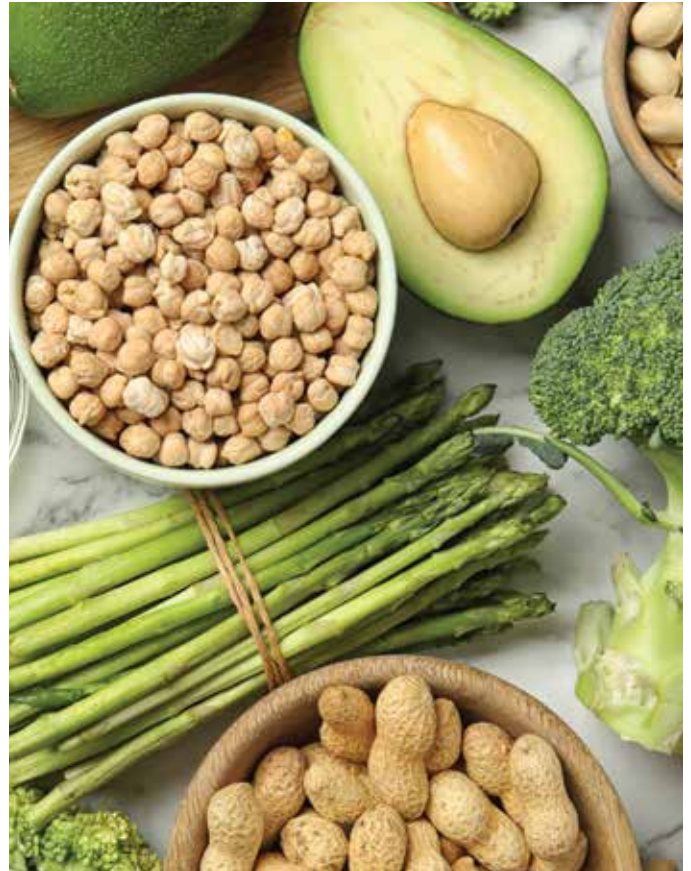
- **Citrus fruits** (*including oranges, lemons, limes*)
- **Papaya**
- **Mango**
- **Watermelon**
- **Kiwi**
- **Berries** (*strawberries, blueberries, raspberries, cranberries*)

Vitamin C is often referred to as ascorbic acid. It is water-soluble, meaning it tends to flush out of the body easily. Therefore, it’s important to maintain a constant intake of this valuable vitamin. The RDA of vitamin C for adults, both men and women, is 60 mg.



VITAMIN E

Vitamin E is akin to vitamins A and C in its scientifically studied efficacy in reversing sudden hearing loss. A 2004 study in Israel demonstrated the importance of vitamin E in patients who had sudden hearing loss of unknown origins—an affliction that impacts 4000 Americans every year. Vitamin E was quite effective in helping patients recover. Researchers attributed this to the nutrient being an antioxidant.³ One of the key roles of vitamin E in our bodies is to boost our immune system, enabling our blood cells to fight off infections from bacteria and viruses. Vitamin E is an essential nutrient necessary for the formation of blood cells. It also regulates blood vessels,



keeping them open so blood can flow freely.

This nutrient comes to us through the ingestion of plant-based oils and certain vegetables. The suggested RDA of vitamin E is 15 milligrams. Here are some the chief sources of vitamin E in our diets:

- **Greens** such as collards, spinach, and beets
- **Red bell peppers**
- **Seeds** such as sunflower
- **Oils** such as sunflower, soybean, and safflower
- **Nuts** such as peanuts, almonds

MAGNESIUM

It's important to include magnesium at this juncture. Magnesium is one of the 24 essential vitamins. It plays an important role in preventing hearing loss. Research has demonstrated that the best supplement treatment when someone has experienced sudden hearing loss due to sudden noises is a cocktail of vitamins A, C, E, and magnesium. Magnesium can be ingested through whole grains, nuts, legumes, seeds, and leafy vegetables such as spinach. It is also frequently included as a supplement to grains. The RDA for magnesium for adult men is 420 milligrams and for women is 320 milligrams.

VITAMIN D



Much like vitamin C, the importance of vitamin D has been scientifically verified in the reverse. That is, research has demonstrated that deficiency in vitamin D is a significant factor in cochlear hearing loss. Patients deficient in vitamin D did not recover their hearing, while those with normal vitamin levels did.⁴

Vitamin D is something of a regulator in the human body, keeping different organs and processes on the right path. For instance, this nutrient makes sure our bones, teeth, and muscles grow properly and maintain their strength. Vitamin D is also essential for our immune system, enabling it

to ward off illnesses. Adequate levels of this nutrient also seem to ward off depression.

While it can be taken as a supplement and it can be found in fatty fish, like tuna and salmon, but our main source of vitamin D is sunlight. About half an hour of noontime sunshine three or four times a week is enough to make sure we get ample amounts of this vitamin. The RDA of vitamin D for adults is - 15mcg

OMEGA 3 FATS

Just as magnesium works with other vitamins to promote good hearing, vitamin D and Omega 3 fats combine to reduce the risk of hearing loss. Several studies have demonstrated that vitamin D when combined with Omega 3 in the form of fatty fish oils can decrease the chances of hearing loss by over 40%. Omega 3 fish oils are found in SMASH (Salmon, Mackerel, Anchovies, Sardines, and Herring) fish, plus tuna and trout.. The RDA of Omega 3 is 1.6 grams for men and 1.1 grams for women.

FOLIC ACID

As with vitamins C and E, research has proven that folic acid is an essential nutrient in preventing hearing loss. A study in the Netherlands demonstrated that proper levels of folic acid in the bloodstream slowed age-related hearing loss. A similar American study revealed that the proper levels of folic acid prevented age-related hearing loss in 20% of older men. Folic acid deficiency is closely aligned with a type of hearing loss that is accompanied by tinnitus.

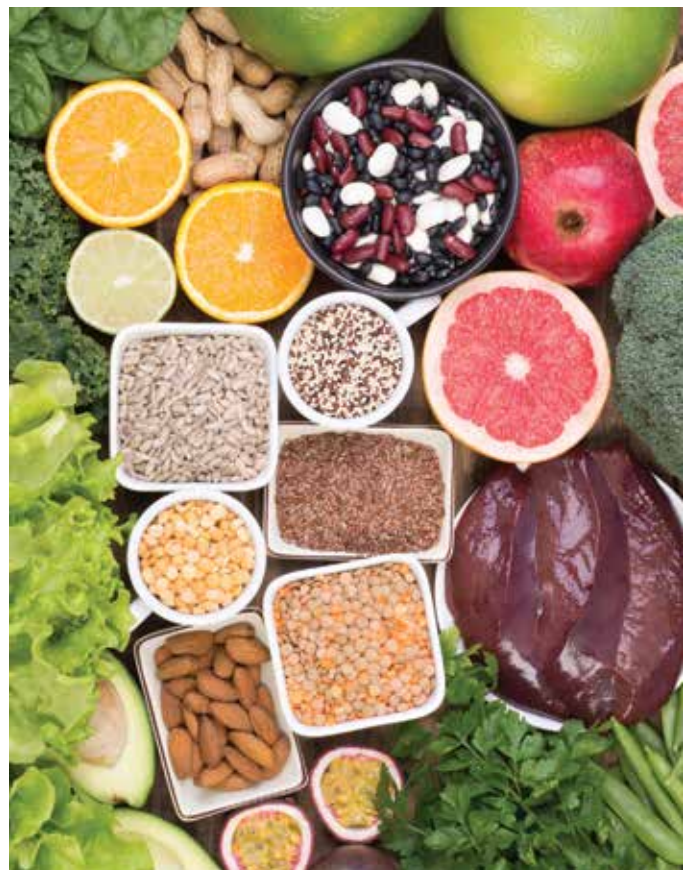
Folic acid, which had been overlooked for much of medical history, achieved acclaim several times recently as the world's healthiest food. This is specifically a reference to folic acid's

ability to prevent and cure anemia and certain illnesses, and greatly lower the risk of birth defects. Folic acid is the man-made form of folate or vitamin B-9. Folic acid is a primary builder of the body's cells, in particular blood cells. It's worth noting that Western nations tend to be deficient in folic acid. The RDA of folic acid is 400 micrograms. Folic acid is an extremely important nutrient for women who are pregnant or planning to become pregnant. For women in this category, the RDA of folic acid is 800 micrograms.

To differentiate, folate is the naturally occurring version of this vitamin. Folic acid is the synthesized version. This essential nutrient, folate, is found in

green leafy vegetables as seen below. American diets have historically been so deficient in B-9 that, by governmental decree, folic acid is included as a supplement in grains and many fortified breakfast cereals. Among food sources with the highest percentage of folate are these:

- **Leafy vegetables** such as spinach, kale, cabbage, and spring greens
- **Broccoli**
- **Brussel sprouts**
- **Peas, chickpeas, and kidney beans**
- **Liver**



B-12

Similarly to many of the other vitamins we've discussed thus far, research has demonstrated that vitamin B-12 is intimately related to hearing by revealing what happens to our hearing when there is a deficiency in B-12. A Canadian research project reviewed and compared nine different scholarly articles on the relationship between vitamin B-12 and hearing loss and determined that patients who suffered permanent SNHL (sensorineural hearing loss) were also deficient in vitamin B-12.

A deficiency in this vitamin also affects hearing in another detrimental manner as well. Research indicates that B-12 deficiency results in higher rates of

pulsatile tinnitus, extreme ringing in the ears. Often, hearing loss related to B-12 deficiency is irreversible. It is most important, then, to make certain you receive an adequate daily amount of this vitamin. The RDA of vitamin B-12 is 2.4 micrograms for adults. The dosage is higher for expectant mothers.

Vitamin B-12 fulfills a great variety of functions in our bodies. Here is a partial list of the health impacts of this nutrient on our bodies:

- **Prevents** bone loss and osteoporosis
- **Prevents** major birth defects
- **Contributes** to the formation of blood cells
- **Relieves** depression
- **Prevents** cellular brain loss
- **Guards** heart health
- **Prevents** macular degeneration
- **Promote** skin and hair tissue health
- **Boosts** energy



Vitamin B-12 can be ingested from many meat proteins, such as beef, chicken, liver, fish, and shellfish. It is also present in dairy products like milk, cheese, and yogurt. This essential nature of this vitamin indicates that vegetarians or pregnant and lactating mothers who don't want to consume meat should definitely supplement with B-12.

ZINC

Alphabetically, zinc may be last—in fact, it's a mineral rather than a vitamin, but this nutrient is by no means the least when it comes to preventing hearing problems. The NIH published a research article in 2019 about the efficacy of zinc in treating tinnitus. Researchers found after eight weeks of treatment that zinc had a significant ability to decrease tinnitus in sufferers. It's believed you can prevent hearing loss by maintaining adequate blood levels of zinc.

Another study conducted by an organization of ENT physicians in 2010 found zinc to have a significant impact in helping SSNHL patients to recover their hearing.

Preserving and restoring our hearing is only one of the many health benefits of zinc. Among its benefits are:

- **Boosting** our immune system
- **Synthesizing** proteins
- **Promoting** proper development and bone growth
- **Promoting** proper enzyme reactions
- **Synthesizing** DNA
- **Promoting** healing of injuries and wounds

Beyond these benefits, zinc has demonstrated its ability as a healer in other respects as well. In underdeveloped nations where dysentery threatens the lives of small children, zinc is used to treat diarrhea.



At the other end of the spectrum, zinc has been shown to slow the progression of macular degeneration in the eyes of older adults. Then there is our common enemy, the head cold. When zinc is taken within 24 hours of the onset of a cold, it can substantially shorten the duration of the illness and its symptoms. Zinc is abundant in many foods. These include meats such as pork, beef, poultry (especially dark meat); nuts such as peanuts, almonds, and cashews; legumes such as peas and lentils; dark chocolate; and oysters. For those who wish to supplement their food intake of zinc, the RDA is 8 milligrams for women and 11 milligrams for men.

CONCLUSION:

Despite the conventional assumption that hearing loss is irreversible and that mechanical interventions such as hearing aids and cochlear implants are the only feasible treatments for it. There is mounting scientific evidence that nutritional supplements are effective in preventing and slowing the process of hearing loss and, in some cases, can restore hearing. Several vitamins have demonstrated profound importance in this regard.

Vitamins A, C, and E, when taken in concert with magnesium have shown a dramatic ability to restore the hearing of those who experienced sudden hearing loss, particularly when the loss came as a result of very loud noises. Each of these vitamins on its own plays a role in maintaining the health of our ears and our ability to hear. Some build and heal the inner and middle ear. Others promote cell growth and healing at the cellular level.

It's interesting to note that the well-being of our circulatory system and our immune system are intimately connected to our hearing. Vitamins that keep our blood growing and flowing and those that boost our ability to fight off diseases also protect our ears and hearing.

Another interesting recurrence is the scientific demonstration of the importance of these vitamins to our hearing in reverse. That is, rather than showing in a preventative way the need for these nutrients, research keeps revealing their importance by showing the bad things that happen where they are deficient. At least there is no doubt, in this regard, that these substances are incredibly important to our ability to hear.

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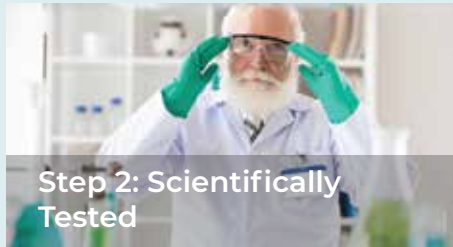
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