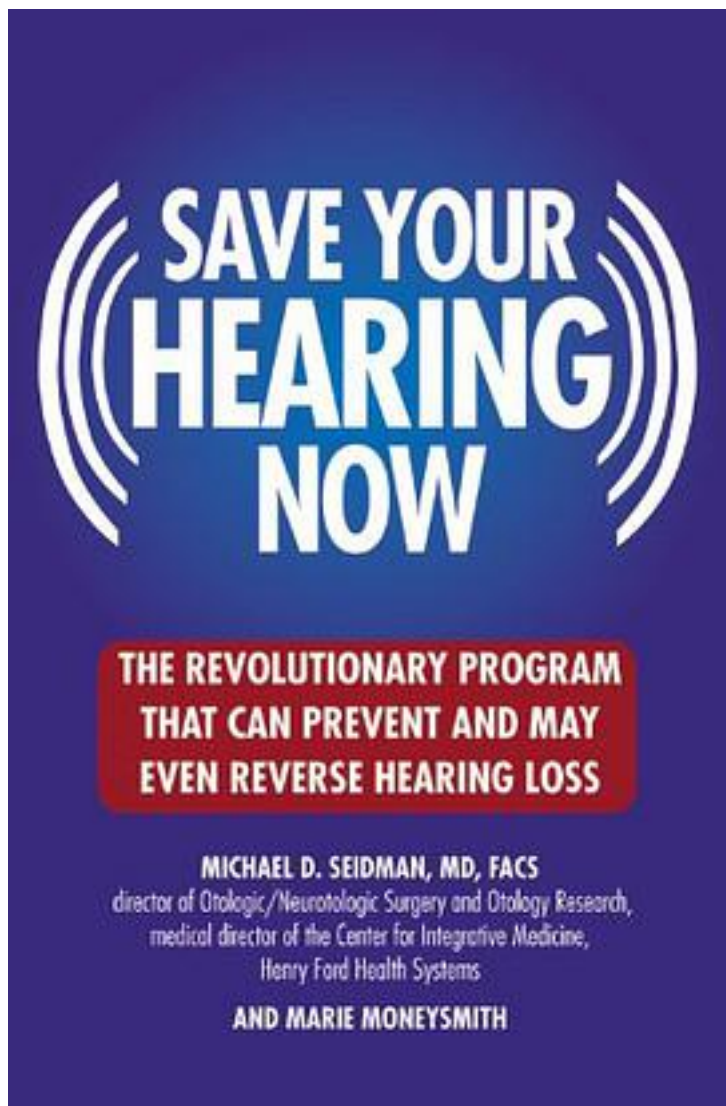


Saving Your Hearing Now



[Saving Your Hearing Now 下载链接1](#)

著者:Seidman, Michael D., M.D./ Moneysmith, Marie

出版者:Grand Central Pub

出版时间:2007-5

装帧:Pap

isbn:9780446696203

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.

作者介绍:

目录:

[Saving Your Hearing Now_ 下载链接1](#)

标签

评论

[Saving Your Hearing Now_ 下载链接1](#)

书评

[Saving Your Hearing Now_ 下载链接1](#)