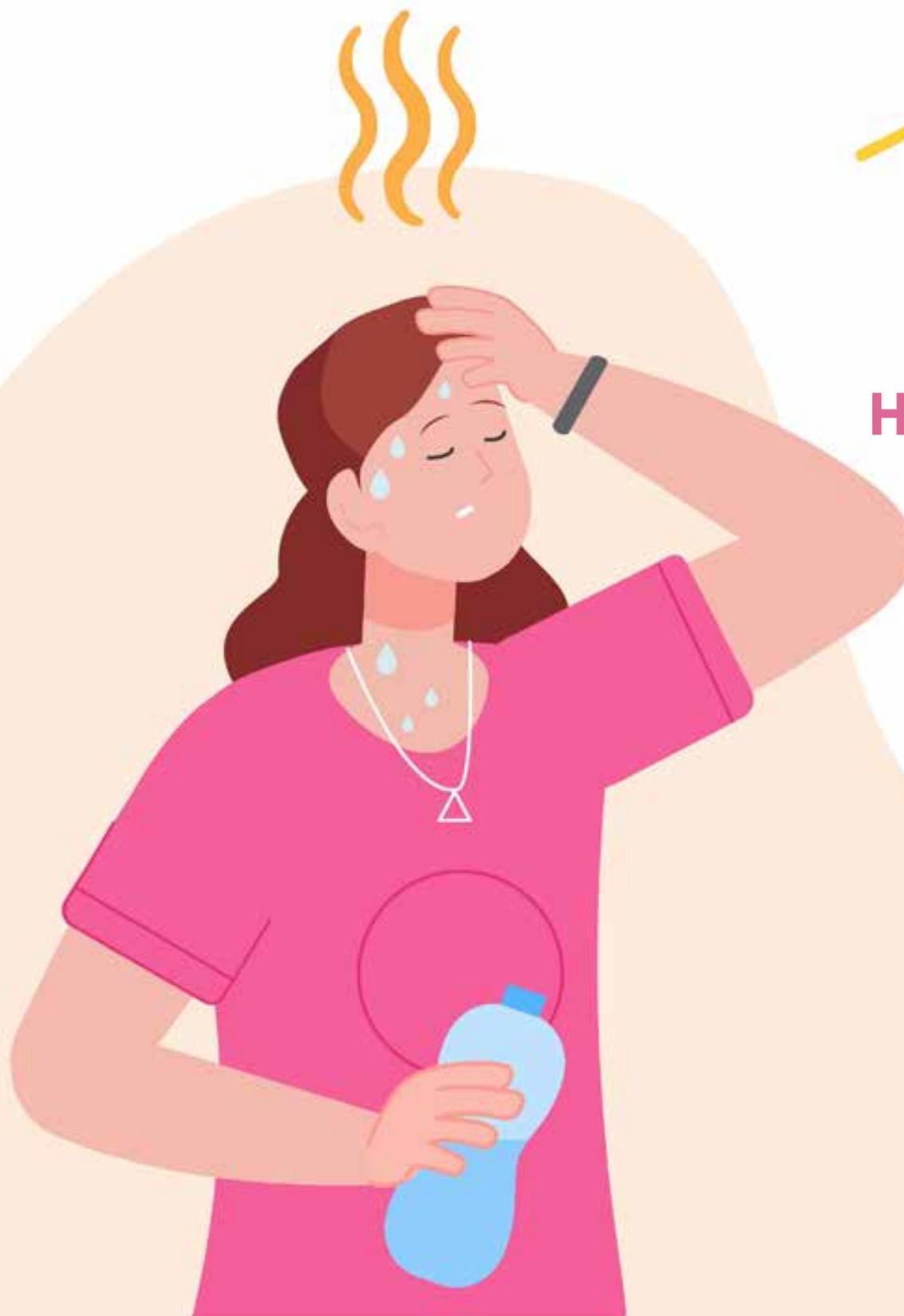
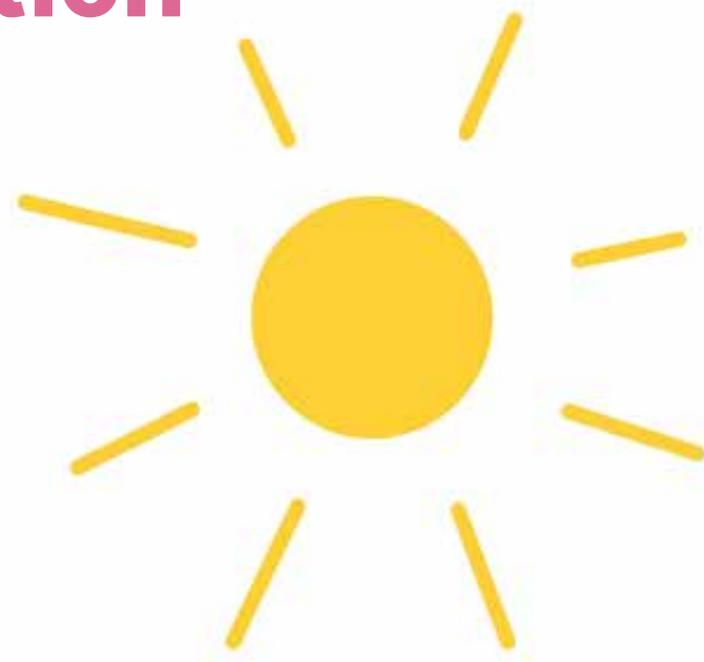


WEIGHT CONTROL • HEALTHY RECIPES • SPIRITUAL WELLNESS • LIVING HEALTHY

a **barton** publication

# Everything You Need to Know About Dehydration

## The Effect of Positive Emotions on Your Immune System



## Hearing Loss Is NO Laughing Matter

## 5 Tips to Start Working Out

# Home Cures That Work

---

We are often reminded to “stay hydrated” and drink half your body weight in ounces of water a day. Not to burn anybody’s water bottle, but healthy people can damage their bodies from drinking too much water. Since water — and sodium and potassium — balance is essential to life, it must be regulated. There is not a “one size fits all” fluid replacement strategy, so Dr. Saunders explain when you should have a water bottle in hand!

One thing that just about everyone knows — to be really healthy, you have to have a strong immune system. But here’s what most people don’t know about that: Your emotions play a big role in your immunity. And there are other surprises when it comes to creating immune strength... a walk in the forest, anyone?

If you didn’t hear the tree fall in the forest, then you may suspect that you have hearing loss. But not all people know that they have a problem. You may not realize that you have hearing loss, because it’s often a gradual process. That’s why it’s important to have your ears checked when your doctor says you should, even if you think you’re fine.

If you have been sedentary, you may find it challenging to get motivated to exercise. These few tips will have you or your loved one get ready to work out and live a happier, healthier life.

Don’t let dehydration, a bad mood or missed workout interfere with daily life. The most effective approach is always with the combination of Home Cures That Work!

---

For your health,

Cheryl Ravey, Editor  
Home Cures That Work

## AUTHOR



### DR. SCOTT SAUNDERS, M.D.

Dr. Scott D. Saunders, M.D. is a practicing physician, specializing in preventative health care, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. View natural remedies with Dr. Saunders at: <http://drsaundersmd.com>



## 04 EVERYTHING YOU NEED TO KNOW ABOUT DEHYDRATION

Dr. Saunders answers the question, when do you need replenishment? The answer might shock you!

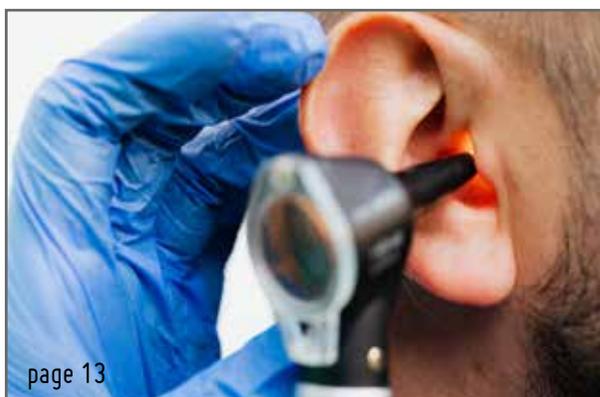


## 11 THE EFFECT OF POSITIVE EMOTIONS ON YOUR IMMUNE SYSTEM

Harnessing positive emotions can have beneficial effects on EVERY part of your life, from success in your career to happier thriving relationships to your immune system. Happiness is just a step away.

## 11 5 TIPS TO START WORKING OUT

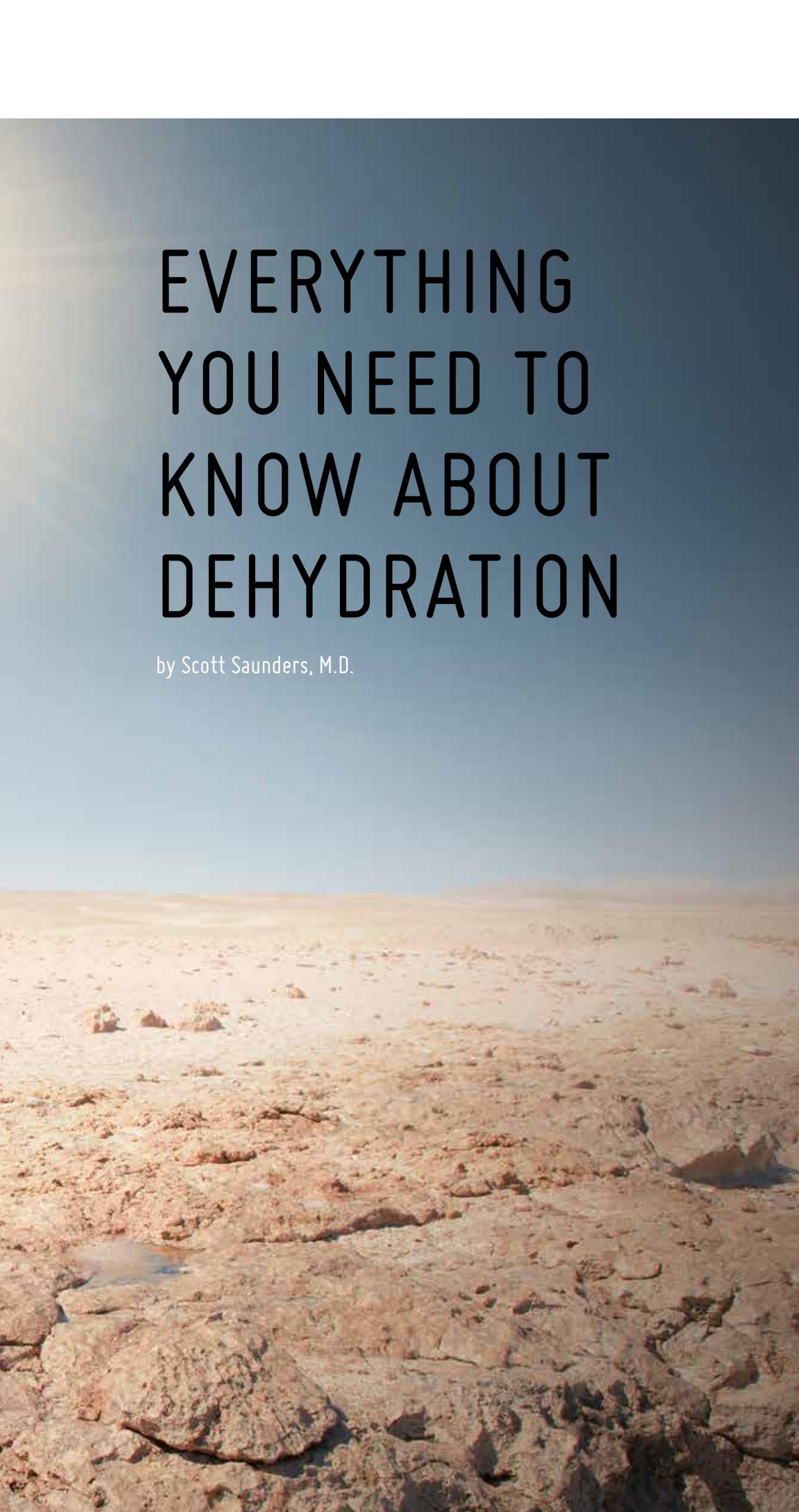
The keys to working out as we get older? Build slowly, allow enough time for recovery, and be kind to yourself.



## 13 HEARING LOSS IS NO LAUGHING MATTER

Find out why you no longer must suffer in silence.





# EVERYTHING YOU NEED TO KNOW ABOUT DEHYDRATION

by Scott Saunders, M.D.

In January 2007, in Sacramento, California, a radio station held a water drinking contest, “Hold your wee for a Wii.” The contest was to see who could drink the most water without urinating. The winner was awarded a Wii – for free! One woman drank so much water she died from water intoxication.[1] She drank over 2 gallons of water in about 3 hours, taking second place and winning two concert tickets. Then she got a headache and went home, dying in her bathroom about 2 hours later. A jury awarded her family over 16 million dollars because of the known danger of water intoxication. [2]

This unfortunate woman died of low sodium, or hyponatremia, brought on by diluting her blood with so much water that her kidneys couldn’t get rid of it fast enough. This unfortunate woman died of low sodium, or hyponatremia. Her blood was diluted with so much water that her kidneys couldn’t get rid of it fast enough. This woman may have started with low sodium. Perhaps she was on a low sodium diet or was drinking lots of water every day? The winner drank more water than she did but didn’t die due to the differences in the need for water.

## How Much Water Should I Drink?

This question is thrown at me many times every day. Let’s look at the literature:

The MAYO CLINIC says:[3]

- About 15.5 cups (3.7 liters) of fluids a day

WEB MD says:[4]

- The Institute of Medicine (IOM) recommends a total of 13 cups (about 3 liters) of fluid each day.

Harvard Newsletter says:[5]

- The daily four-to-six cup rule is for generally healthy people.

## Where Do The Recommendations Come From?

Most of the recommendations from medical sources come from an Institute of Medicine[6] survey, which took the average amount of water consumed and used that as a suggestion. In other words, it's how much water people drink on average – having nothing to do with health.

The very concept of a recommended amount of water for a population is ridiculous for many reasons. Even recommending an amount for a single individual doesn't take into account the daily fluctuations in need for water. For example,[7]

- Activity level: Increased activity will increase sweating and the need for water.
- Weather: The ambient temperature and humidity will affect how much is lost through sweating and breathing.
- Metabolism: Some have a higher metabolism and sweat more.
- Size: A larger person has a greater need for water.

- Alcohol and caffeine: increase the need for water because they act as diuretics.
- Health: Fever, vomiting, diarrhea of course increase the need for fluids and electrolytes.

People can drink a lot more than the recommended amount and still get dehydrated. The best way to know is to go by symptoms, such as:

- Thirst
- Constipation (hard stool)
- Dizziness, or lightheadedness, especially when standing.
- Dry mouth
- Dry skin and chapped lips
- Fatigue
- Muscle cramps

However, these symptoms are not only from a lack of water. There are two other types of dehydration that can come from drinking too much water.

- Lack of sodium
- Lack of potassium
- Sodium Dehydration

Sodium is vilified in the press because it is thought to be the cause of hypertension, and thus heart disease and strokes. People are told to avoid salt. Some are on a salt-free diet, while at the same time drinking their recommended 120 ounces of water every day. While the body is usually very good at adjusting to anything we throw at it, over time the low salt can become a problem. I have had several cases where drinking too much water

depletes, or dilutes the salt in the body, preventing the proper functioning of the kidneys, muscles, and nervous system.

I had known Angie for many years because she would come into my office periodically for medications, infections, and her many issues with anxiety. She treated her anxiety with alcohol and was mostly continuously inebriated. She came in one day bumping into the doorways and slurring her words. I indicated she had been drinking again, but she protested, holding up a half-empty water bottle, "I-I-I-I haaavn' had aaaany hooch... I juuuus' d-d-drink waaterrr!" I didn't believe her, because of her history, but I had the office staff call 911 to get her to the hospital. The ER doc called me an hour later and told me her alcohol level was ZERO, she had no drugs in her system, but her sodium was very low. She really had been drinking only water! But she drank so much water without eating food that she did not replace her salt. She had water intoxication so bad she could have died! The brain (as well as all the other cells in the body) needs sodium to function, and she didn't have enough. Low sodium is actually much more dangerous than high sodium, in the short term.

## What Does Sodium Do In The Body?

We are told to avoid salt, but salt is essential for function. It has always been important for taste, preserving food. Salt has even been used as money in the past.[8] Roman legionnaires were paid in salt, or *salarium*, which is the origin of the word, "salary." Slaves were also traded for salt in Ethiopia in ancient days, leading to the saying, "worth his salt." Before refrigeration people preserved food with salt. And

people who performed heavy manual labor in the sun all day used salt pills to keep up their blood volume. Sweat always releases salt. When I worked in Venezuela as a missionary, I remember wiping my forehead with my hand and feeling gritty. I thought it was dust from the road, but when I looked, there was no dust. I tasted it and found it to be very salty. The sweat was drying on my forehead and making salt crystals – you can sweat out a lot of salt! Few people work hard outdoors in the heat anymore. People who dig with tractors often have air-conditioned cabs! So, perhaps we don't need as much salt.

However, normal kidneys can handle over 40 grams of sodium every day. That's the amount of sodium in about 200 slices of bacon! Just to put that into perspective, the American Heart Association recommends no more than 2,300 milligrams of sodium daily.[9] You could eat twenty times that and your kidneys will be able to balance your electrolytes – if you get enough water and potassium.

Sodium is the salt that primarily keeps your blood volume up. If you don't have enough sodium, the kidneys will get rid of extra water to keep the sodium concentration in a very narrow range. As you eat more sodium, the kidneys will get rid of it to keep the volume normal. This is how the blood volume is regulated. If you have low sodium and the blood volume is low, you could get very ill, including:[10]

- Nausea and vomiting
- Headache
- Confusion
- Loss of energy, drowsiness and fatigue
- Restlessness and irritability

- Muscle weakness, spasms or cramps
- Palpitations as the heart tries to circulate a smaller amount of blood.
- Dizziness
- Overheated because you cannot sweat
- Seizures
- Coma

The point is, it is dangerous to have low sodium. Your kidneys know how to regulate sodium very well, if you get enough water and potassium.

## Potassium Dehydration

According to the NHANES study, most people in the United States are not getting enough potassium.[11] This does not lead to low potassium in the blood, but rather in the cells. The potassium in the blood will remain constant if the kidneys are functioning. Even when the body is depleted significantly, the blood level will remain normal. The lack of potassium is found inside the cells of the body. There is not enough to fill them up, so they shrink down, and take in more sodium. There are many reasons for having low potassium.

- Diet – lack of potassium in the diet is the most common.
- Stress – stress hormones block potassium from getting into the cells and cause the kidneys to get rid of potassium.
- Drugs – many drugs, especially some diuretics, can deplete potassium.

- Epstein-Barr Virus (EBV) mononucleosis poisons the potassium pump in the cells.
- Water – drinking too much water depletes potassium from the kidney.

Those who drink too much water continually deplete potassium as well as sodium. While it's easy to replace sodium, potassium is another story. The body needs about 4,000 mg of potassium daily, and most people get less than 3,000mg. In fact, 98% of Americans do not get even the minimum recommended amount of potassium daily.[12]

Low potassium mostly affects energy. Like the voltage difference in electricity that creates an electrical current to run motors, the potassium difference between the interior of the cell and the blood runs all the motors in your body. When your potassium is low, it's like your body is running on low voltage, causing: [13]

- Brain fog
- Muscle spasms
- Fatigue
- Digestive issues
- Heart palpitations or atrial fibrillation
- Tiredness, low energy
- Paralysis

Those who drink too much water can get "intracellular dehydration" from low potassium.[14] This is not "hypokalemia" or decreased potassium in the blood, but rather decreased potassium in the cells which is replaced by sodium. As sodium replaces potassium inside the cells, there is less energy. This is why sodium has been wrongly vilified as the culprit – but

the problem is really low potassium.

It's hard to get enough potassium, so most Americans are deficient. Supplements aren't a lot of help because they supply about 100mg, and you need about 4,000 mg. No, I don't recommend taking 40 pills per day, since that would eat away your intestinal lining. The best way to get it is by eating food that is not processed. Fruit. Vegetables. Beans. Lentils.

Potassium lowers your risk of stroke, prevents osteoporosis, decreases heart disease, prevents kidney stones, and lowers blood pressure.[15] It is essential to get enough potassium, and not dilute it or cause it to be lost in the kidneys from drinking too much water. Even though it is very common to have low potassium, it is not healthy. Keep your potassium levels up by eating lots of fruit and vegetables.

## Dehydration From Lack of Water

When people don't drink enough water the volume both inside the cell and of the blood is decreased. The sodium concentration goes up in the blood, and the potassium is relatively higher in the cells. Because of the low volume, the kidneys will hold on to water by concentrating the urine as much as possible releasing sodium and potassium. This dehydration can cause many symptoms:

- Thirst
- Dry mouth
- Darker-colored urine
- Dizziness or lightheadedness
- Less frequent urination

- Headache
- Fatigue
- Confusion
- Bad breath
- Dry skin
- Muscle cramps
- Cravings for junk foods

Cravings?! Where does that come from? When you are not making saliva because of dehydration, the body will produce it if you have something really tasty. Those who have dry mouth from dehydration get a burst of saliva if they eat something sweet, for example. Others may crave the salty taste of chips. It is important to recognize when you have a dry mouth, indicating thirst so you can replete your supply of water. Those who eat junk food get some saliva for a few minutes, but end up needing to have more all the time. Some chew gum to stimulate saliva and do not know they are dehydrated.

## Wait Until You're Thirsty!

The best way to stay hydrated is to drink water when you are thirsty, or when you are sweating excessively.[16] Not that you should wait until you have a dry mouth all the time. It's a matter of getting enough without getting too much. There is plenty of space between not enough and too much. But people often force water down when they aren't thirsty because even doctors are telling people to "drink more water." I have seen nurses with their gallon-sized water bottles with marks on them for each hour of the day. They force themselves to drink when they aren't thirsty and may be depleting their

sodium and potassium.

Moreover, the kidneys need you to be dehydrated at times. The concentration gradient of the kidneys, which allows the kidneys to concentrate urine is dependent on how much water and salt is consumed. Going for a day without eating or drinking helps to reset the system so the kidneys have a greater capacity to manage your fluid and electrolytes.

## How Much Water Should I Drink?

Now we come back to the real question. But the answer is different for each person. Two people working outdoors together in the heat, doing the same thing, will not necessarily lose the same amount of water in sweating, for example. One may need a quart of water, and the other only need sips. There are so many factors involved in the determination of how much to drink.

- Fruit and vegetables add water your diet, so you drink less.
- Eating more salt requires more water to excrete it so you drink more.
- High thyroid makes you sweat more, so you need more water and sodium.
- Ambient temperature changes your need for water.
- Elevated glucose may cause you to lose water and potassium in the urine.
- Low magnesium causes the kidneys to waste potassium.
- Insulin resistance depletes potassium from the cells, causing intracellular

dehydration.

It can be very confusing if you try to figure it out for just the basic electrolytes and water. Balance must be maintained at all times in spite of constantly changing environmental conditions. So, you don't have to. Your body has mechanisms to keep you hydrated with sufficient water and electrolytes, if you supply them with at least the minimum amount.

## PLAN For Hydration:

**Sufficient sodium:** it's easy to get enough if you salt your food to taste. It's hard to get too much – unless you aren't getting enough potassium (that's the key).

**Sufficient potassium:** This is the real issue. Eat plenty of fruit and vegetables, beans, lentils, nuts, and seeds. The ideal is to get about 4,000mg daily. Here are some ideas in descending order with (milligrams of potassium):<sup>[17]</sup>

- Medium avocado (980)
- Medium baked potato, with skin (925)
- 1 cup of cooked pinto beans (800)
- 1 cup of cooked lentils (710)
- 1 cup of celery juice (630)
- Medium sweet potato, with skin (450)
- 1 cup of Melon (430)
- 1 medium banana (425)
- 1 cup of milk (350)
- 3 ounces of salmon (319)
- Medium mango (325)

- Medium orange (320)
- 1 cup of soy milk (300)
- 1 tablespoon of molasses (295)
- Medium tomato (290)
- ½ cup of mushrooms (280)
- ¼ cup of raisins (270)
- ½ cup of fresh brussels sprouts (250)
- ½ cup of squash (250)
- ½ cup of broccoli (230)
- 3 ounces of beef (224)
- Medium pear (200)
- Medium apple (190)
- 1 cup Pedialyte (186)
- ½ cup of carrots (180)
- 1 cup of watermelon (170)
- ½ cup of strawberries (125)
- ½ cup of cooked rice or pasta (50)
- Most salt substitutes have potassium chloride. (Check the label for amount)

You can see how hard it is to get enough potassium (40 cups of rice!). Moreover, potassium needs to be replaced continuously, not intermittently. Taking a large amount one time only comes out in the urine, even if you are deficient, because the kidney keeps the blood levels constant. It gets into the cells a little at a time. Potassium is one nutrient that needs DAILY replacement.

**Sufficient water:** Drink water when you're thirsty. If you get a dry mouth, chapped lips, constipation (hard stool), you may need more water. There isn't a set amount that is healthy because there are so many factors involved in how much water you need. Be aware of your own body to keep hydrated, don't wait until you are constipated or have chapped lips.

When you're "hungry" or craving



something sweet, think first about a glass of water. Don't chew gum or snack on sweet things to get the saliva flowing – just drink a glass of water.

One day per month, take a break – don't drink or eat anything for 24 hours to restore the salt gradient in your kidneys. It's going to require you to be a little more in tune with your body, but it will keep you hydrated, and healthy because your kidneys will be able to concentrate urine.

One helpful trick is to drink room temperature water. Cold drinks cool the brain and quench the thirst mechanism before you have had sufficient water to become well hydrated.

## What About Electrolyte, or Rehydration, Solutions? It's Actually Easy!

As we see above, the amount of potassium in rehydration solutions, such as Pedialyte, have very little potassium, or even sodium, and come with a lot of sugar and/or artificial sweeteners. These are not a good option for rehydration. Orange juice, for example has about 500mg of potassium per cup, compared to Pedialyte with only 186. Plus, a cup of orange juice has many other nutrients not found in the electrolyte solutions. Apple juice has 300mg per cup... you just can't beat nature for nutrition!

Hydration is not complicated. It's really just common sense: Drink when you're thirsty, get enough sodium and get enough potassium. Avoid getting too much of any of them.

Sources: [1] <https://www.latimes.com/archives/la-xpm-2007-jan-14-me-water14-story.html> [2] <https://abcnews.go.com/GMA/jury-rules-radio-station-jennifer-strange-water-drinking/story?id=8970712> [3] <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256> [4] <https://www.webmd.com/diet/how-much-water-to-drink> [5] <https://www.health.harvard.edu/staying-healthy/how-much-water-should-you-drink> [6] <https://nap.nationalacademies.org/read/10925/chapter/6> [7] <https://health.clevelandclinic.org/how-much-water-do-you-need-daily/> [8] <https://seasalt.com/history-of-salt> [9] <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/how-much-sodium-should-i-eat-per-day> [10] <https://www.mayoclinic.org/diseases-conditions/hyponatremia/symptoms-causes/syc-20373711> [11] <https://ods.od.nih.gov/factsheets/Potassium-HealthProfessional/> [12] <https://ods.od.nih.gov/factsheets/Potassium-HealthProfessional/> [13] <https://www.livestrong.com/article/537905-can-drinking-too-much-water-cause-low-potassium/> [14] <https://www.livestrong.com/article/537905-can-drinking-too-much-water-cause-low-potassium/> [15] <https://ods.od.nih.gov/factsheets/Potassium-HealthProfessional/> [16] <https://www.webmd.com/diet/what-is-too-much-water-intake> [17] <https://www.drugs.com/cg/potassium-content-of-foods-list.html>

# The Effect of Positive Emotions on Your Immune System



**Y**our immune system is the first line of defense against illness and chronic disease. Keeping your immune system fully charged is a forever trending health topic, and the most recent immunity buzz focuses on the role positive emotions have on immune health. Researchers from the University of California at Berkeley recommend supplementing not only with immune-boosting vitamin C and zinc, but also with positive emotions. Their research shows that positive feelings, such as awe, joy, and compassion, are linked to lower levels of inflammatory molecules and stronger immune systems.

## How Inflammation Affects Your Immune System

When your immune system senses a threat, such as an infection or injury, it sends inflammatory molecules called cytokines to the part of the body under siege. It's an altogether efficient process, unless it spirals out of control. Sometimes the immune response doesn't turn off when it should, and floods your body with inflammatory molecules. Chronic and constant inflammation is a primary cause of many major illnesses, including heart disease, type 2 diabetes, autoimmune diseases, cognitive decline, and mood disorders, such as depression. In fact, recent research indicates that patients suffering from depression had higher levels of inflammatory cytokines than non-depressed patients did. Scientists believe that when the brain receives the message from the immune system to create more cytokines, the feel-good hormones that control appetite, sleep, memory, and moods are subdued.

## Seek Inspiration from Nature

UCB researchers analyzed the effects of positive emotions on the immune systems of over 200 young adults, while controlling for relevant personality and health variables. Patients reported the extent to which they experienced positive emotions, such as compassion, amusement, awe, contentment, joy, love, and pride, on a given day. On that same day, researchers took samples of gum and cheek tissue (called oral mucosal transudate) that measured cytokine levels. Individuals who reported more positive feelings exhibited the lowest levels of the cytokine Interleukin 6, a key marker of inflammation. Interestingly, awe stood out as the emotion that calmed inflammation the most.

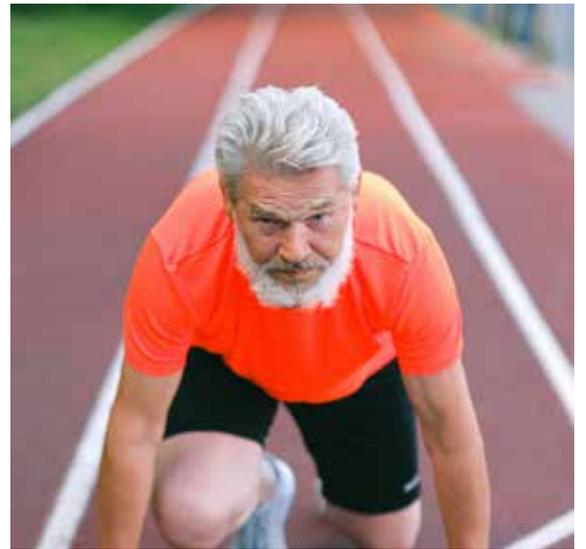
Everyone's awe is inspired by different

things, but nature seems to have an "awesome" effect on most people. Researchers suggest increasing your exposure to nature, spirituality, and art. UC Berkeley psychologist and co-author of the study Dacher Keltner explains: "That awe, wonder and beauty promote healthier levels of cytokines suggests that the things we do to experience these emotions—a walk in nature, losing oneself in music, beholding art—has a direct influence upon health and life expectancy."

A beneficial side effect of spending some time outside in nature is sun exposure. According to a 2009 study in the Archives of Internal Medicine, 77% of Americans are deficient in vitamin D, the sunshine vitamin. The best way to increase your levels of vitamin D, and subsequently

strengthen your immune system, is to spend some time in the sun. Be sure to expose large surface areas of your skin to the sun, but know your burn time. Some people can spend an hour SPF free in the sun without burning, while those with fair complexions may only be able to spend 10 minutes SPF free. Whether you soak in some awe at the top of a mountain, or while dipping your toes in the sand and watching the waves gently roll, let those feelings of appreciation wash over you fully. Your immune system will thank you!





“WHAT FITS YOUR extremely busy schedule better, exercising one hour a day or being dead twenty four hours a day?”

5 TIPS TO START

# WORKING OUT

Phase out heart disease danger by phasing in exercising.

According to the American Heart Association, “Physical inactivity is a major risk factor for developing coronary artery disease.” Fortunately, regular exercise can [reduce the risk factor for heart disease](#) and have many other benefits, including:

- [Strengthen your heart and cardiovascular system](#)
- Lower blood pressure
- Increase energy levels
- Strengthen bones
- Reduce body fat
- Reduce stress, tension, anxiety and depression
- Improve sleep

## What Stage Are You In?

---

### 1. PRE-CONTEMPLATION

---

At this stage you are not even thinking about exercise and have no intention of

becoming more active. Moreover, you are most likely not even reading my book, *Mind Over Body: The Key to Lasting Weight Loss Is All In Your Head!*

Not a very good stage to be at!

---

### 2. CONTEMPLATION

---

You are thinking about exercise, but are not engaging in it. The brain is firing up neurotransmitters in the brain causing you to stay in a comfort zone. The key is to focus on the outcome of your goal. If you are fearful you are mostly likely to revert back. If you are empowered by thinking of the outcome, you are most likely to be empowered.

You are reading an exercise book, magazine or have purchased an exercise DVD, and are most likely to apply its concept. There is not a time frame in this stage, as you are the one to make a choice to start.

---

### 3. PREPARATION

---

You are getting ready to start an activity or are exercising on occasion, but it is still a new habit. At this phase, you are applying the exercise principles to overcome obstacles tempting you to revert back to old habits. You are ready to step-up and

increase activity level.

At this stage, you are overcoming any obstacle. It starts at week 3 or 4 from beginning of behavior changes.

---

### 4. ACTION

---

You are exercising regularly for at least 12 weeks, and it has become a ritual. This phase is a good phase to be at and you are most likely to stick with it.

---

### 5. MAINTENANCE

---

You have a ritual of exercising that is longer than 6 months. All new habits are now automatic. It is a part of you to be healthy and fit.

It is now your second nature; it is “automatic.” It’s a new you! This is the best stage to be at.

Try our [new short and gentle workout videos](#) to get your exercise started! These [healthy heart movement videos](#) will get your blood pumping and put a smile on your face!





# HEARING LOSS IS NO LAUGHING MATTER

**A** MAN WAS TELLING his neighbor, “I just bought a new hearing aid. It cost me four thousand dollars, but its state of the art. It’s perfect.”

“Really,” answered the neighbor. “What kind is it?”

“Twelve thirty.”

Suffering from a hearing loss isn’t a laughing matter. But, you have to admit, it does affect your ability to communicate properly, which can lead to some uncomfortable and even embarrassing situations that may seem funny – only to other people.

Missing a few words here or there is no big deal; it happens to the best of us.

Sometimes people get distracted and they fail to pay attention to what’s being

said. Sometimes there’s just too much background noise and things simply can’t be heard clearly. Sometimes the person speaking just didn’t articulate clearly enough . . . None of those are good reason to go out and buy a pair of hearing aids.

On the other hand, Harvard Medical School claims nearly 20% of Americans between 26-69 years of age suffer from permanent hearing loss due to excessive noise exposure.

According to the National Institute on Deafness and Other Communication Disorders, “age-related hearing loss” (presbycusis) affects about 30% – 35% of adults between ages 65 and 70, and 40% to 50% of people ages 75 and older.

By the way, being hard of hearing doesn’t mean you’re deaf anymore than someone wearing prescriptive glasses is considered blind. So, please keep in mind, when you’re speaking to someone who is hard of hearing or someone wearing a hearing aid . . . Don’t Yell At Them!!!

Most people suffering from a hearing condition are simply not getting all the frequencies needed to hear the full spectrum of speech. No matter which language you speak, the sounds are heard within a limited range of frequencies.

Just as a piano has a limited number of keys, 88 to be exact, human speech is likewise limited to a measurable range of sounds.

It’s a scientific fact that all languages

use specific frequencies on “the piano of speech.” Yet, the fact remains all human speech, no matter what language, is heard within the same frequency range.

Human speech ranges from about 500 cycles per second (cps) to as high as 5000 cps. Human hearing ranges from around 20 cps to as high as 20,000 cps.

So, literally, the frequency range of human speech is very close to the range of a standard piano. Detecting a hearing loss on your own is nearly impossible simply because you don’t know what you’re missing.

Detecting a hearing loss in a conversation isn’t much easier simply because there are several variables involved.

Think of the average hearing loss as a piano that’s partially out of tune or even in some cases, missing a few strings.

Each frequency or string represents certain sounds of letters used in language. If you’re only missing a few letters

of the alphabet, then you can usually get by.

Either your brain gets good at guessing or you pick up clues from reading lips.

So, get your ears tested annually so you can find out what you’re missing.

P.S. If caught soon enough, then you can rehabilitate fading speech skills. Just remember: If you don’t use it . . . you will lose it.





**You have made a smart and important decision to join with others from around the world, learning how to use natural and drug-free home remedies that work to help you feel healthy again. For additional relief, visit [www.bartonpublishing.com](http://www.bartonpublishing.com)**

ADHD / ADD	Flu	Low Testosterone
Allergy & Asthma	Gallstones	Lyme Disease
Anti-Inflammation	Gout	Prostate Secrets
Arthritis	Graves Disease	Scabies
Back Pain	Hair Loss	Sinus Infection
Bad Breath	Herpes	Sore Throat
Cholesterol Secrets	High Blood Pressure	Ulcers
Depression	Hypothyroidism	Urinary Tract Infection
Diabetes	Irritable Bowel Syndrome	Wholesome Frequency
Erectile Dysfunction	Joint Pain	Music
Fat Loss	Kidney Stones	Yeast Infection
Fibromyalgia		

## OUR MISSION

We help people experience vibrant, amazing health through natural healing remedies.