

# Hearing Loss & Sound Therapy

## Why does hearing deteriorate?

There are many contributing causes to hearing deterioration. Some of the more common ones are:

- Cochlear damage due to prolonged exposure to loud noise
- Lack of high frequency sound to stimulate the ear
- Lack of good muscle tone in the middle ear, caused by stress or poor diet
- Psychological factors - inability to resolve personal issues and communicate
- Otosclerosis - overgrowth of the cochlear bone which results in fusing the stapes to the cochlea

## Is deterioration inevitable with age?

No. It is not the number of years of living that causes hearing damage, it is the number of years of noise abuse. Young people who listen to rock music often have a hearing level equal to fifty year old factory workers. However, even people in their eighties have experienced dramatic improvement in their hearing through using Sound Therapy.

## What is conductive hearing loss?

Conductive hearing loss refers to any disorder in the sound transmission system in the middle ear. The bones and muscles of the middle ear adjust and tune the hearing mechanism so that sound can travel from the ear drum to the inner ear.

Sometimes surgery is required in the middle ear. Surgery can be followed by Sound Therapy, as any surgery requires post operative rehabilitation.

Hypertension or lack of tone in the middle ear muscles (*tensor tympani and stapedius*) also leads to conductive hearing loss.

## What is sensorineural hearing loss?

Sensorineural hearing loss refers to damage which has occurred inside the inner ear, where the sensory cells transmit sound to the auditory nerve. Loud or prolonged noise flattens the fine, hair-like sensory cells—called cilia—in the inner ear. When the cilia are flattened they can no longer pick up sound vibrations, so the sound does not reach the auditory nerve. A diagnosis of nerve deafness does not necessarily mean the nerve is damaged - it may just be that the cilia have been flattened.

## How Sound Therapy may help

### Sound Therapy helps in three ways:

1. EXERCISING THE MUSCLES. The middle ear contains two tiny muscles, the tensor tympani and the stapedius. Good muscle tone and flexibility is essential for the fine-tuning of the middle ear mechanism. The alternating high and low frequencies cause the ear muscles to repeatedly tense and relax. This exercise may restore muscle tone and improves the functioning of the whole ear mechanism.

2. STIMULATING THE CILIA. On the Sound Therapy program, the low frequency (low tone) sounds are progressively removed and the high frequencies are augmented. These high frequency sounds stimulate the cilia (the fine hair-like sensory cells in the inner ear). **Where the cilia have been flattened by too much noise, the high frequency sound may stimulate them to return to their upright position. This may restore the person's hearing in the high frequencies.**

3. PSYCHOLOGICAL OPENING. Hearing is sometimes closed down to some extent for psychological reasons. Sound Therapy encourages resolution of psychological issues by reintroducing high frequency sound and re-creating the pre-birth experience of sound. As the psychological issues are resolved, the person may allow themselves to open to the full range of hearing.

## How effective is it?

More research is needed to determine the effectiveness of Sound Therapy on hearing loss. However, feedback received from Sound Therapy listeners over the last eleven years indicates that most people experience some improvement in their hearing.

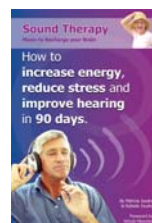
### Numerous people have reported that as a result of Sound Therapy:

- Their families no longer have to shout at them
- They can hear the birds again
- They can follow a group conversation
- The sounds are clearer and crisper
- They no longer need their hearing aids

The people who have reported these benefits include:

- People with industrial deafness
- Those who needed a hearing aid 80% of the time
- People in their eighties
- Those told they had nerve deafness and nothing could be done.

In some cases it requires several months of listening to improve hearing. Persistence is essential.



For more information on the Sound Therapy program it is recommended that you read the book **Sound Therapy: Music to Recharge your Brain** by Patricia and Rafael Joudry available from good bookstores or from **Sound Therapy International Pty Ltd.**



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