

HEALTHY HEARING NOW

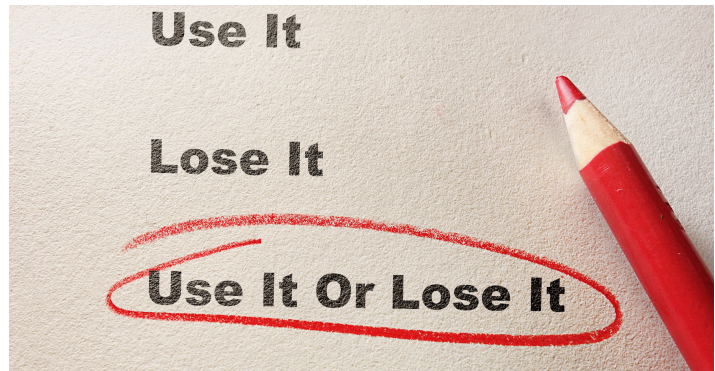
AUGUST 2026 NEWSLETTER



HAVE YOU HEARD?

Hearing aids do more than make sounds louder—they make speech **clearer**.

Today's advanced hearing technology is designed to reduce background noise, focus on conversations, and automatically adjust to different listening environments



HEARING HEALTH NEWS

"Use It or Lose It" ***Your Brain Needs Sound***

Did you know your brain depends on regular sound stimulation to stay sharp? When hearing loss goes untreated, the areas of the brain responsible for processing sound receive less input and can become less active over time—a concept often described as "use it or lose it." Treating hearing loss with properly fitted hearing aids helps keep these pathways engaged, making it easier to understand speech and stay connected to the people and activities you enjoy.

Healthy Hearing Tip: The sooner hearing loss is treated, the better chance your brain has to continue processing sound effectively.

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Have a funny story about mis-hearing you'd like to share?

Tell Lexi at the front desk!
or email it to
Lexi@HealthyHearingNow.com

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SUMMER RECIPE CORNER ☀️

Grilled Peach & Berry Salad

Ingredients:

- 2 ripe peaches, halved
- Mixed salad greens
- 1 cup fresh blueberries
- ¼ cup crumbled feta cheese
- Chopped pecans
- Balsamic vinaigrette

Directions: Grill the peach halves for 2–3 minutes per side, slice, and toss with the greens, blueberries, feta, and pecans. Drizzle with balsamic vinaigrette and serve immediately.



HELPFUL TIP

Give your ears a break after loud noise. If you've been mowing the lawn, attending a concert, or using power tools, give your ears several hours of quiet time afterward. This allows your hearing system to recover and helps reduce the risk of long-term damage. Whenever possible, wear hearing protection when exposed to loud sounds—your future hearing will thank you.

Remember: If your ears ring after noise exposure, that's a sign they were exposed to sound levels that may have been too loud.

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