





MUSCLE

**TENSION** 

**DEPRESSION** 

**INABILITY TO FOCUS** 

ANXIETY



DISRUPTED SLEEP PATTERNS

SHRINKING BRAIN TISSUE

(cognitive)

TINNITUS (permanent ringing in the ears)
INABILITY TO HEAR SOFT SOUNDS

INTOLERANCE OF LOUD SOUND

PERMANENT HEARING LOSS

PITCH DISCRIMINATION PROBLEMS

(hard to stay in tune)

PANIC DISORDERS

ABNORMAL HEART RHYTHM

(your heart tries to sync to the beat of music)

## RESTRICTED BLOOD FLOW

(hardening or narrowing of arteries due to heart diseases restricts blood flow to the cochlea, which is responsible for your hearing ability)

PATIENTS WITH DIABETES

are more likely to suffer hearing loss as high blood glucose obstructs blood flow to cochlea. Diabetes can lead to an inability to flush toxins from inner ears.

inner ears.

**DID YOU KNOW?** 

1 out of every 8 people between the ages 18 - 67 in the USA has some level of hearing loss.





