

Hear from the experts.

Winter 2023

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Is it Time for a Lifestyle Adjustment?

4 Lifestyle Changes for Better Hearing & Overall Health

As we move into this season of reflection, I am about to attend a yoga retreat in Asheville, North Carolina in the beautiful Blue Ridge Mountains. My time there outside of yoga will include an ayurvedic cleanse and cooking classes in the ayurvedic lifestyle, as well as silent hikes, time in an infrared sauna and even a cold plunge!

I've been calling this retreat an "LSA," or lifestyle adjustment. LSAs don't have to be yoga retreats (though the physical and mental health benefits of yoga are very well documented). Perhaps your LSA might look like taking that class you've always been interested in trying, joining a book club, or maybe you want to try out everyone's new favorite pastime—pickleball!

Or maybe your lifestyle adjustment is something as simple as taking inventory of your health and making minor changes that will lead you to feeling your best—and yes, they may even help improve your hearing. Here are four lifestyle adjustments you can focus on to maximize your hearing health:

- **Work on Your Nutrition:** A recent study published in the American Auditory Society's journal *Ear and Hearing* found that a diet high in vitamin B12 and D reduced the odds of developing tinnitus and other hearing difficulties.
- **Move Your Body:** Exercise is essential for overall health, and consistent, light exercise is the closest thing humans have to a cure-all (or maybe it's more like a "prevent-all"). As little as 20-30 minutes a day is enough to make a difference.
- **Get Quality Sleep:** A study on the effect of sleep deprivation on hearing found that sleep deprivation causes decreased auditory function—especially in those with preexisting hearing loss.
- **Crank Down the Noise:** Loud noises are the most dangerous thing for your hearing. Avoid listening to loud music for extended periods and always wear hearing protection in loud environments.

When it comes to your hearing health, scheduling your regular hearing aid appointments at your Whisper Hearing Centers' location is important. This may be just the LSA you need to hear your best and feel confident when communicating with others.

Namaste,



Tammy



Whisper Hearing Centers

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www.whisperhearingcenters.com

**December
Battery
Sale Card!**
See inside



Creamy Sausage Tortellini Soup

Adapted recipe from: TheRecipeCritic.com

Prep time: 15 min. | Cook time: 20 min. | Total Time: 35 min.

Servings: 8

Instructions

1. In a large pot over medium high heat add the sausage. Cook and crumble until brown, remove and set aside on a plate. Add the carrots and onion and sauté until tender. Add in garlic and Italian seasoning and sauté for a minute more.
2. Add in the flour to the vegetables and sausage and pour in chicken broth. Add in the tomato paste and stir. Add in heavy cream and tortellini and bring to a simmer for about 7 minutes until tortellini is cooked. Add in the kale right before serving and salt and pepper to taste.

Take the Stress Out of Lunch and Dinner:

This Italian sausage tortellini soup does so well made ahead and even frozen! As the soup sits together in a ziplock bag or airtight container, the flavors continue to meld and become more delicious. It's so easy to reheat and makes the perfect meal for chilly winter days.

In the Refrigerator:

Cook the creamy sausage tortellini soup leaving out the tortellini pasta if you are not serving it. Once completely cooled, add to a ziplock bag or airtight container and store in the refrigerator for 3 to 4 days.

Reheating:

You can either thaw your soup in the fridge overnight or simply add your ziplock bag to a bowl of hot water. Once thawed, add the soup to a skillet or slow cooker. If you left out the tortellini, this would be a great time to add that back in and let cook for a few minutes before serving.



Ingredients:

- 1 pound ground pork sausage
- 1 cup carrots, chopped
- 1 small onion, chopped
- 3 garlic cloves, minced
- 1 tbsp Italian seasoning
- 1/4 cup flour
- 6 cups chicken broth
- 6oz can tomato paste
- 1 cup heavy cream
- 9oz pkg three cheese tortellini
- 3 cups kale, chopped
- salt & pepper to taste

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Meet the newest face in Our Greenwood Office



Brooklyn Taulman
Au.D., CCC-A
Greenwood

Dr. Taulman joined our practice in August and is seeing patients at our Greenwood office location. She received her Bachelor of Science degree in Public Health as well as her Doctorate in Audiology at Indiana University. Brooklyn moved to Louisville, Kentucky to complete her externship. Being from Columbus, Indiana, she is happy to be back in Hoosier country! She is excited to be a member of the Whisper Hearing Centers' team. Her area of interest and specialty is in the diagnosis and treatment of hearing loss and helping patients improve their quality of life.

Don't take our word for it... Hear from our patients:

"It was great. I always learn something from Dr. Allison and she's so helpful. My experience with you folks is so much different and better than my last hearing business experience. I can't thank you enough and I look forward to my next visit."

- Larry H.

"I am always amazed with the kindness, care and efficiency of the staff at Whisper Hearing. My hearing test was easy and comfortable, and fitting me with the right hearing aids was easy and delightful. And now I hear so much better. Importantly, I was scheduled for a follow up appointment to make sure everything is just right!"

- Douglas H.

"Megan is a keeper! She's intelligent, knowledgeable, and definitely a people person! And she made sure everything was connected and working! It was a pleasure getting my new hearing aids through her!"

- Richard S.

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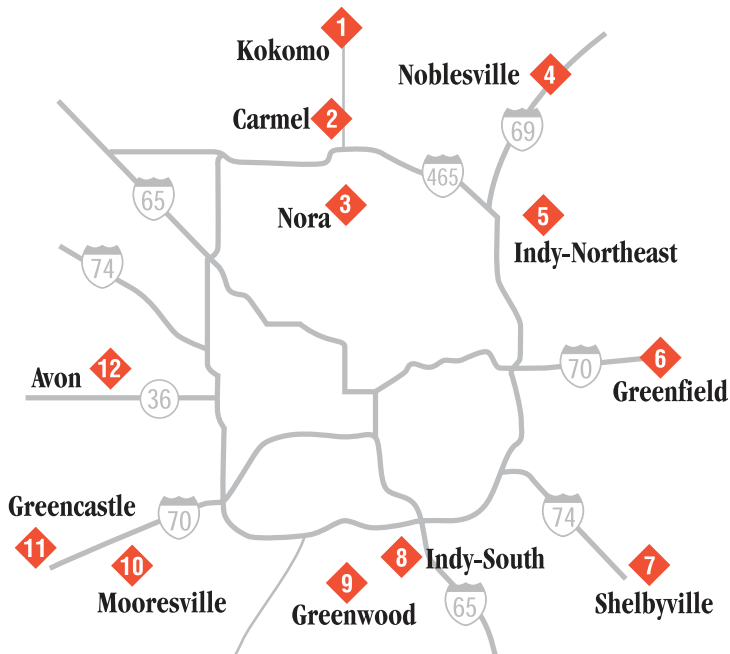


Whisper Hearing Centers

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Whisper Hearing Centers



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