



Soundnews

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Strawberry, Orange & Banana Smoothie

INGREDIENTS

- 1 cup orange juice (more if necessary)
- 1 cup fresh strawberries, frozen
- 2 bananas, sliced and frozen



PREPARATION

- 1 Put 1 cup orange juice in blender. Add strawberries and frozen banana slices.
- 2 Blend until smooth, adding additional orange juice (if necessary) to achieve your desired consistency. Serve and enjoy!

Tinnitus?

Managing Stress Can Help

Nearly all adults confront some form of stress in their life, but for those suffering from tinnitus—persistent ringing in the ears—stress can make the aggravating symptoms even worse.

Tinnitus itself can cause considerable stress when sufferers feel they can't escape the sound, but the resulting tension can, rather cruelly, make the tinnitus seem even louder. If you experience tinnitus and high levels of stress, consider the following proven stress relievers to help you manage your tinnitus symptoms.

Exercise Calms the Body and the Mind

Regular exercise is one of the most effective stress relievers. In addition to the other health benefits of exercise, feelings of well-being are provoked by endorphins—neurotransmitters that are activated by physical activity. Additionally, physical fatigue can help combat the stress associated with sleeplessness that often accompanies tinnitus symptoms.

Meditation Helps Regain Focus

Meditation is not only an effective stress-relieving activity; recent research published in the *Brain Research Bulletin* shows that those who meditate are better able to concentrate in the presence of distraction—an important skill for tinnitus sufferers seeking to overcome the distraction of unwanted noise.

From simple muscle-relaxation exercises to guided visualizations, setting aside time to focus on internal peace helps put things into perspective and prevents feelings of stress from piling up and becoming overwhelming. There are many forms of stress-relieving meditation, but finding one in particular that works for you can become a valuable part of your tinnitus-management strategy.

For other ideas on how you can help manage your tinnitus symptoms, call West Valley Hearing Center today and schedule a consultation with our tinnitus experts.



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