Resveratrol Potentially Helpful for Individuals with Hearing Loss and Tinnitus

Melissa Scott March 14, 2017

The findings of the study show that resveratrol may offer some protective effects on noise-induced hearing loss. (Newswire.net -- March 14, 2017) Orlando, FL -- The sense of hearing is important because it allows people to communicate, socialize, and coexist with others with a reduced risk of misunderstanding. While the auditory system has its own defense mechanism, it is often susceptible to certain diseases and disorders.

Resveratrol may be potentially helpful for individuals with hearing loss and tinnitus. There are pharmaceutical medications and treatments for these two conditions. However, for individuals who want to take advantage of safe and natural alternatives, resveratrol may be an excellent option.

The sense of hearing alerts people of dangers in their environment, lets them listen to relaxing music, and allows them to work efficiently. When hearing declines, it can negatively impact various aspects of daily life.

When hearing loss is not treated properly, it is believed to result in fatigue, stress, tension, anger, irritability, and depression. It may also result in loneliness, inability to join in social activities, and the feeling of being unsafe due to decreased alertness.

Tinnitus is characterized by a ringing in the ears. It is extremely troublesome and sufferers may have a difficult or even impossible time sleeping.

Micheal Seidman, MD, tinnitus authority, has been trying to determine the effects of resveratrol for 55 years. He published several of his studies as well as received grants to investigate the effects of the compound on noise-induced hearing loss. Just recently, Dr. Seidman has been awarded by the National Institutes of Health a grant to determine the effects of resveratrol on aging.

Dr. Seidman and his team conducted a series of lab experiments on noise-induced hearing loss in rats. It was in 2003 when the most widely cited study was published in Otolaryngology Head and Neck Surgery.

In the study, ten rats were divided into two groups. The experimental group was fed with resveratrol and the placebo group was treated with saline. After 21 days, the subjects were exposed to noise for 24 consecutive hours.

It was found that there was a significant reduction in the hearing loss in animals belonging to the resveratrol group than the control group. The findings of the study show that resveratrol may offer some protective effects on noise-induced hearing loss.

According to statistics, 90% of tinnitus sufferers also suffer from a certain level of hearing loss. Thus, it is essential to prevent the development of tinnitus to help save auditory health.

Individuals who want to take advantage of the potential health benefits of resveratrol may consume it through supplementation. (http://www.amazon.com/red-wine-extract/dp/B019C0UU5S)

About Divine Bounty

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