

This book was written to provide the education you need in order to improve your life through better hearing. Through knowledge, and action, you can experience the world of sound and relationships around us and live your best life. A life full of laughter, love, grandchildren, music, and all of the sounds that speak to our souls.



DR. JEWELL BAGGETT-STREHLAU, AU.D. DOCTOR OF AUDIOLOGY

I became known 'EarNerd™' due to my love for the process of turning sound into speech details. Our hearing is always on, it never turns off. It connects us to our surroundings and lets us know where we are in space even in a pitch black room. Think about how you can hear sounds from another room. A child can hear their mother's voice and feel comfort. A just-married adult hears the sound of their spouse's voice when they come in the door and immediately feels excitement. The sound of a rolling surf coming in through your window at the beach lulls you to sleep. The sound of soaring music lifts the soul, the sound of a song from our teenage years takes us right back to that dance where you first fell in love. Without hearing, none of those things would be experienced. Just thinking about how our ears work is so fascinating. Sound waves travel in and emotions are born. It's even amazing to me how sound means different things to different people. I love Jazz, you might hate it. That fascination with how our ears work and the concept of sound, all and of it's deeper meanings is what makes me the EarNerd™. I love it all. Ear-shaped rocks, spirals that echo the shape of the cochlea (don't even get me started on the spiral shape throughout history). Earwax doesn't even bother me-I can even tell you why it is a good thing!



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HEAR BETTER, LIVE BETTER

Dr. Jewell Baggett-Strehlau

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HOW TREATING HEARING LOSS AND TINNITUS
can change your **life**, maintain your **independence**,
and may **reduce** your risk of **dementia**.



ADVICE FROM THE  **EarNerd**

DR. JEWELL BAGGETT-STREHLAU