

New book can help tinnitus sufferers

HAVING a mother with hearing problems inspired author Rafaele Joudry to study the science of listening.

That research has evolved into a new book called *Triumph Over Tinnitus - A Recovery Handbook For Tinnitus Sufferers*.

As the director of the organisation Sound Therapy

International, Ms Joudry is well qualified to write such a text.

Triumph Over Tinnitus is her second book.

Her first book, *Sound Therapy - Music to Recharge Your Brain*, was written with input from the French doctor, Alfred A Tomatis.

Dr Tomatis is a pioneer in his field.

The most valuable discovery made by Dr Tomatis was that lost hearing can be restored.

His breakthrough came when he studied how people listen, instead of how they hear.

He used sound, or music, to provide therapy for the ear.

By tampering with frequencies and altering the pitch in the music, he found that he could provide therapy for the ear.

In the introduction to *Triumph Over Tinnitus*, Ms Joudry describes her mother's hearing difficulties.

"Although my mother did not have tinnitus, she had two other hearing problems," Ms Joudry said.

"One was hyperacusis, or, sound sensitivity [she could not handle loud noises]. She was also unable to focus on a conversation in a noisy room. This condition is commonly known as 'Cocktail Party Syndrome'."

She was treated with sound therapy and it helped her profoundly.

Subsequently, both women became advocates of the treatment.

Triumph Over Tinnitus contains case studies of people who have used sound therapy, background information on Dr Tomatis, theories on what causes tinnitus and a guide to using sound therapy.

Information on what modern medicine can offer and psychological methods of treatment are also discussed.

The 165-page book is available in local book stores.

More information can be obtained by visiting the Web site, www.soundinternational.com or by phoning (1300) 557-796.



Win a copy