



Vitamins may Prevent Hearing Loss

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Vitamins to prevent hearing loss, help for couples trying to conceive, and the benefits of chocolate top today's health news.

Research shows high doses of vitamins A, C and E, as well as the mineral magnesium, can help prevent noise-induced hearing loss. That's because the vitamins contain antioxidants that prevent cell damage in the ear caused by loud noises. The findings could be especially helpful for soldiers in combat exposed to loud sounds.



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Couples having trouble conceiving might want to enroll in yoga. Several moms say after trying everything, yoga seems to have done the trick. Yoga increases blood flow and helps reduce stress levels. However, many doctors say there's no medial proof yoga and fertility go hand-in-hand.

If you want a healthy heart, you may choose to increase your chocolate intake. German researchers say people who eat foods rich in cocoa reduce their blood pressure more than people who just drink tea. In fact, researchers found chocolate works about as well as blood-pressure reducing medication -- decreasing a person's risk for a stroke by 20 percent. Now the catch -- those same researchers add that the best way to a healthy heart remains a good diet and exercise.

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