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Subject: Re: Ear health

Posted by [Adveser](#) on Tue, 20 Jul 2010 03:06:59 GMT

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I have always used Sony headphones. Right now I have the standard 7506's.

That is the starting place to protect your ears. The more linear the audio signal, the less damage you are going to do.

Hearing damage mostly comes from non-audio. Don't drive the car with the windows down. Distorted sound damages your ears.

Avoid aspirin and vicodin, they are known to cause toxicity in your ears.

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