

# ***Natural Vertigo & Dizziness Relief***

*How To Eliminate Vertigo & Dizziness In 6 Weeks or Less*



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# Natural Vertigo & Dizziness Relief

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## **Introduction**

The contents of this report are based on personal experience. Through tireless research and trial and error I was able to reduce my Vertigo symptoms quickly & get rid of my condition completely over the following weeks.

Unlike many books which might be available on-line I'm not going to go on and on about these personal experiences as I know your probably anxious to get to the point.

Before you read on I would like to make one thing very clear, if you have not seen your doctor in regard of your balance disorder I would encourage you to do so. Although actual diagnosis of balance disorders is notoriously difficult with the possible exception of BPPV, having serious conditions such as tumours discounted is vitally important.

This report is designed to help those who suffer with acute and re-curing Labrinthitis, Ménière's disease, Unspecified Vertigo & Unspecified Balance Disorders. Plus a section devoted to those suffering with re-curing Benign Paroxysmal Positional Vertigo (BPPV).

### **Why This Report Is Different?**

The aim of this report is to provide a two pronged approach to your balance disorder. Firstly we will look at how to get symptomatic relief as quickly as possible which will help you get on with a normal life, the second prong will concentrate on addressing the underlying contributing factors which may be causing your balance disorder condition.

By treating these underlying issues it is possible to be free from further attacks and thus the accompanying symptoms.

Perhaps this sounds difficult, so let me assure you that it is not and more importantly this method does work providing you adhere to the regime.

The sections are broken down into categories which are designed to help specific conditions, many of these methods are well documented & as such you may have encountered some or all of them before.

You will find The Natural Vertigo & Dizziness Relief method near the end of the book, this method is designed as a method for treating re-curing Labrinthitis, Ménière's disease, Unspecified Vertigo & Unspecified Balance Disorders. (The professional discounting of more serious conditions should be sought first). This is the same method we as a family researched & trialled. The Natural Vertigo & Dizziness Relief regime became my salvation, now hopefully it can be yours.

## **The Basic Idea Behind This Treatment**

My attempts to find sustainable relief from my re-curing balance disorder stems directly as a result of trying to get my life back after being almost bed ridden for nearly 2 years.

If you 'Google' (search the internet), for “what causes balance disorders” you will most probably find hundreds of thousands of website's, but if you take a closer look they are nearly all saying the same thing, almost everyone looks in the same place and therefore comes up with the same answer except a few.

Throughout this book you will see things that you have no doubt seen or heard of before, this is because what works is here, having said that you will read things which you have never heard of before, these ideas are the basis of this treatment method I.e: The Natural Vertigo & Dizziness Relief method.

## **So what is the idea behind this method?**

All diseases and disorders have a cause, we refer to this as the root cause. For many years I personally suffered with a skin disorder (nothing to do with balance disorders), but recently I discovered the root to my skin disorder and how to address it.

The root cause I refer to is autoimmune disease, more and more research has indicated links between many conditions and autoimmune.

## **What is Autoimmune Disease?**

Autoimmune disease is a condition which arises from an over-active immune response of

the body against substances and tissues normally present in the body. In other words, the body actually attacks its own cells. This may be restricted to certain organs or involve a particular tissue in different places of the body.

Surprisingly more and more people are suffering with this condition however the majority of sufferers have no idea what autoimmune disease is, Most have never even heard of it while many more have no idea they even have the condition.

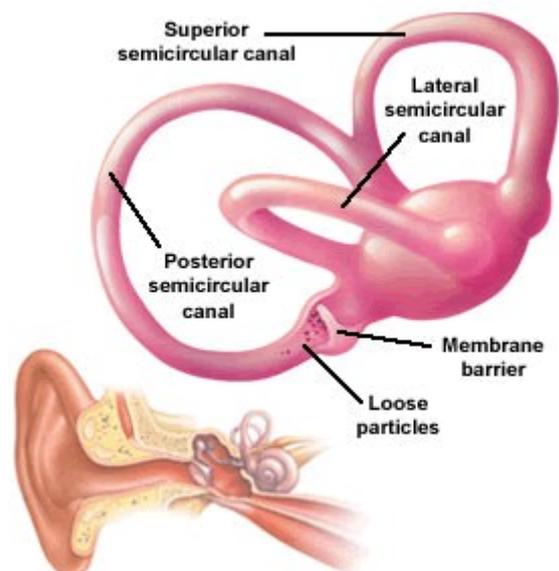
Whether you agree with this theory or not the fact is the methods outlined in this report work, I believe this to be the case because part of the method is aimed at addressing autoimmune disorder amongst other possible factors, of course you may draw your own conclusions on why these methods work where others fail.

### **Positional Balance Disorder.....Do You Know Which Disorder You Actually Suffer With?**

The truth is, none of us really know for sure, take Menière's disease for example, The disorder referred to as Menière's disease is a collection of symptoms much like other forms of positional balance disorders and diagnosis basically relies on discounting various other complaints.

When my episodes began the doctor diagnosed Labrinthitis, which he went on to describe was probably the result of a viral infection which would clear up in a couple of weeks, but after nearly six months & no improvement in my condition he changed his diagnosis to Menière's.

Even at this point I think he was probably just guessing, who knows?, I certainly don't, after 24 months of vertigo and nausea I'm still not 100% sure what I was suffering with.



My point is this, Positional balance disorders are a collection of symptoms all of which are

similar, related and even linked, but most importantly these symptoms are the body's response to underlying issues.

While it can be extremely helpful to have a firm diagnosis of one's condition (unlikely), I would say that it is certainly not an absolute requirement for this method to help you gain permanent relief from your balance disorder.

## **BPPV, Benign paroxysmal positional vertigo**

### **What is benign paroxysmal positional vertigo (BPPV):**

Benign Paroxysmal Positional Vertigo mostly referred to as BPPV for obvious reasons is categorised as a condition of the inner ear. Its symptoms are repeated episodes of positional vertigo, that is, of a spinning sensation caused by changes in the position of the head.

### **Symptoms of benign paroxysmal positional vertigo (BPPV):**

- Vertigo, dizziness
- Paroxysmal which tends to occur for short periods, normally only seconds to minutes
- Positional balance disorder
- Nausea (feeling sick)
- Blurred or distorted vision
- Occasionally someone suffering with BPPV might feel faint, or actually faint (rare)
- Vomiting.
- Rotatory (torsional) nystagmus, (the eye darts towards the affected ear).

### **Cause of benign paroxysmal positional vertigo (BPPV):**

Benign paroxysmal positional vertigo is due to the dislodging of calcium crystals which lie in the labyrinth of the inner ear. The correct term for these calcium crystals is "otoconia", however they are often referred to as ear rocks.

The otoconia or ear rocks become dislodged from their correct position within the utricle

and they migrate over time into one of the semicircular canals. When the head is reoriented relative to gravity, the gravity-dependent movement of the heavier otoconia debris (colloquially "ear rocks") within the affected semicircular canal causes abnormal (pathological) fluid endolymph displacement and a resulting sensation of vertigo.

Previously all cases of benign paroxysmal positional vertigo were thought to be the same, however through further research specialists have discovered more and more about balance disorders and have thus re-classified BPPV into sub classified related conditions.

This sub classified is based on the offending semicircular canals I.e.: the posterior semicircular canal as opposed to the lateral semicircular canal. These groups are divided further into canalithiasis and cupulolithiasis depending on pathophysiology. The more common being canalithiasis. While this sub classification will mean very little to any layman, the fact remains that steps in the right direction happen all the time.

#### **Uncommon Attributes:**

In rare cases, the otoconia can stick to a semicircular canal therefore making it heavier than the surrounding endolymph.

With this unusual variation the patient will find that upon moving their head relative to gravity, the cupula is weighted down by the dense particles thereby inducing an immediate and maintained pressure on the affected semicircular canal afferent nerves. This condition is referred to as cupulolithiasis.

#### **Benign paroxysmal positional vertigo (BPPV) antagonists & triggers:**

BPPV can be triggered by any action which stimulates the posterior semi-circular canal which could include any of the following:

- Tilting the head
- Rolling over in bed

- Looking up
- Any sudden head movement
- Stress and lack of sleep has also been shown to worsen the condition in some people.

•

### **Standard medical Diagnosis:**

As with most conditions associated with balance disorder the diagnosis will always begin with patient history (feeling of vertigo & dizziness).

For suspected cases of BPPV the Dix-Hallpike manoeuvre is commonly used as a diagnostic tool for confirming the condition. The test involves a reorientation of the head to align the posterior canal with the direction of gravity.

This test stimulus is effective in provoking the symptoms in subjects suffering from classic BPPV. These symptoms are typically a short lived vertigo, and observed nystagmus.

### **Will It clear up by it's self?**

In some BPPV patients, the vertigo can simply clear up or at least seem to, this can happen frequently in younger more active people, this is probably due to the brain learning to compensate for the abnormality. Unfortunately for others the symptoms of BPPV can persist repeatedly and indeed consistently for years, it's also true to say that less active sufferer's will often find that the condition is far more life altering for them.

### **Treatment**

Two treatments have been found effective for relieving symptoms of posterior canal BPPV: the canalith repositioning procedure (CRP) or Epley manoeuvre, and the liberatory or Semont manoeuvre.

The CRP employs gravity to move the calcium build-up that causes the condition. The particle repositioning manoeuvre can be performed during a clinic visit by health professionals or taught to patients to practice at home. In the Semont manoeuvre, patients

themselves are able to achieve canalith repositioning.

### **My Verdict:**

In my opinion and based on the success rate reported 'The Epley Manoeuvre' would appear to come out in front, although the success of each method will differ from patient to patient.

### **Conventional Treatments:**

Medical treatment with anti-vertigo medications are often prescribed especially by doctors unfamiliar with the previously mentioned head and body manoeuvres.

These include anti-histamine and anti-cholinergic drugs, which offer only symptomatic treatment, and do not attempt to deal with the underlying cause of the condition. These medications are sometimes used in conjunction with repositioning manoeuvres, such as the Epley manoeuvre.

Unfortunately many of the drugs used to treat balance disorders can have a damaging effect on some sufferers which may be immediately evident or perhaps more commonly they will lead to increased blood toxicity which is thought to be a contributing factor in autoimmune disorders.

Many of the drugs prescribed to address balance disorders can have very undesirable effects on people suffering with other conditions and taking other medication. Some of these drugs even have side effects which may include 'May cause dizziness', I'm not joking, but I often feel the drug manufacturers are, correct me if I'm wrong but aren't these drugs supposed to stop the vertigo?...Not cause it!

It should also be noted that continued use of drugs prescribed to treat balance disorder will fool your brain into thinking there is no problem. Unfortunately in this case the brain will never learn to compensate & the drugs required to achieve some sort of normality will need to continually increase. These drugs are great for acute episodes or for early symptoms, but should be reviewed by a specialist ASAP.

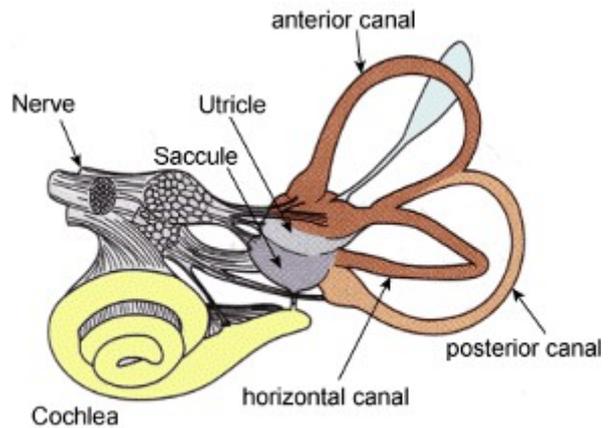
## Under The Knife

Surgical treatments, such as a semi-circular canal occlusion, may be a considered option in severe cases of BPPV but carry risks and as I said this is usually only resorted to in very severe cases when every other alternative has been exhausted without success.

## Labrinthitis

### What is Labrinthitis ?:

Labrinthitis is classified as an inflammation of the inner ear which to be honest is by far the easiest way of describing the condition. The disorder owes its name to the labyrinths which is the part of the inner ear that house's the vestibular system.



The vestibular system is a set of sensors consisting of three semicircular canals, which sense changes in rotational motion, and the otoliths, sensing changes in linear motion. The brain combines visual cues with sensory input from the vestibular system to determine adjustments required to retain balance.

When working properly, the vestibular system also relays information on head movement to the eye muscle, forming the vestibulo-ocular reflex, in order to retain continuous visual focus during motion.

When the vestibular system is affected by Labrinthitis, rapid, undesired eye motion (nystagmus), often results from the improper indication of rotational motion. Nausea, anxiety, and a general ill feeling are common due to the distorted balance signals that the brain receives from the inner ear.

### Symptoms of Labrinthitis:

- Vertigo, dizziness
- Positional balance disorder
- Nausea (feeling sick)
- Blurred or distorted vision
- Hearing loss / problems
- Tinnitus
- Anxiety / Stress

Chronic anxiety is a common side effect of Labrinthitis which can produce tremors, heart palpitations, panic attacks, and depression. Often a panic attack is one of the first symptoms to occur as Labrinthitis begins.

While dizziness can occur from extreme anxiety, Labrinthitis itself can precipitate a panic disorder. Several models have been proposed to explain the relationship between vestibular dysfunction and panic disorder:

**Psychosomatic model:** vestibular dysfunction which occurs as a result of anxiety.

**Somatopsychic model:** panic disorder triggered by misinterpreted internal stimuli (e.g., stimuli from vestibular dysfunction), that are interpreted as signifying imminent physical danger. Heightened sensitivity to vestibular sensations leads to increased anxiety and, through conditioning, drives the development of panic disorder.

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**Network alarm theory:** panic which involves noradrenergic, serotonergic, and other connected neuronal systems. According to this theory, panic can be triggered by stimuli that set off a false alarm via afferents to the locus ceruleus, which then triggers the neuronal network. This network is thought to mediate anxiety and includes limbic, mid

brain and pre frontal areas. Vestibular dysfunction in the setting of increased locus ceruleus sensitivity may be a potential trigger.

### **Cause of Labrinthitis:**

Labrinthitis is usually the result of either a virus, a bacterial infection, head injury, stress, an allergy or as a reaction to a particular medicine. Both bacterial and viral Labrinthitis can cause permanent hearing loss and damage, although this is uncommon. Pressure changes have also been reported to act as a trigger in some cases.

### **Will It clear up by it's self?**

Labrinthitis as described is often the result of a virus or bacterial infection and as such can clear up when these underlying problems have been addressed, having said that it is common for symptoms to re-occur and in many cases the dizziness might last for months or even years after the affecting condition has dispersed, this is due to Labrinthitis causing permanent damage to the inner ear.

### **Recovery from a permanently damaged inner ear typically follows three phases:**

An acute period, which may include severe vertigo and vomiting, approximately two weeks of sub acute symptoms and rapid recovery finally a period of chronic compensation which may last for months or years.

### **Treatment**

Prochlorperazine is commonly prescribed to help alleviate the symptoms of vertigo and nausea.

Because anxiety interferes with the balance compensation process, it is important to treat an anxiety disorder and/or depression as soon as possible to allow the brain to compensate for any vestibular damage.

Acute anxiety can be treated in the short term with benzodiazepines such as diazepam (Valium); however, long-term use is not recommended because of the addictive nature of

benzodiazepines and the interference they may cause with vestibular compensation and adaptive plasticity.

Evidence suggests that selective serotonin-reuptake inhibitors (SSRI) may be more effective in treating Labrinthitis they act by relieving anxiety symptoms and may stimulate new neural growth within the inner ear, allowing more rapid vestibular compensation to occur. Trials have shown that SSRIs do in fact affect the vestibular system in a direct manner and can increase dizziness.

Some evidence suggests that viral Labrinthitis should be treated in its early stages with corticosteroids such as prednisone, and possibly antiviral medication such as valacyclovir and that this treatment should be undertaken as soon as possible to prevent permanent damage to the inner ear.

Vestibular rehabilitation therapy (VRT) is a highly effective way to substantially reduce or eliminate residual dizziness from Labrinthitis VRT works by causing the brain to use already existing neural mechanisms for adaptation, plasticity, and compensation.

The direction, duration, frequency, and magnitude of the directed exercises are closely correlated with adaptation and recovery. Symmetry is more rapidly restored when VRT exercises are specifically tailored for the patient.

One study found that patients who believed their illness was out of their control showed the slowest progression to full recovery, long after the initial vestibular injury had healed. The study revealed that the patient who compensated well was one who, at the psychological level, was not afraid of the symptoms and had some positive control over them. Notably, a reduction in negative beliefs over time was greater in those patients treated with rehabilitation than in those untreated.

## **Ménière's Disease**

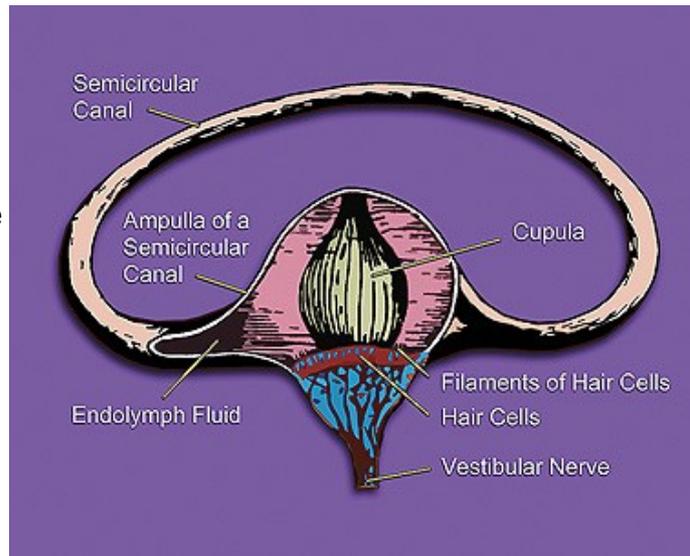
Ménière's disease is a disorder of the inner ear that can affect hearing and balance. It is characterized by episodes of dizziness and tinnitus and progressive hearing loss, usually in one ear. It is caused by lymphatic channel dilation, affecting the drainage of endolymph.

Ménière's is named after the French physician Prosper Ménière, who first reported that vertigo was caused by inner ear disorders in an article published in 1861

### **Symptoms of Ménière's disease**

The symptoms of Ménière's are variable; not all sufferers experience the same symptoms.

However, so-called "classic Ménière's" is considered to comprise of the following symptoms:



- **Periodic episodes of rotary vertigo or dizziness.**
- **Fluctuating, progressive, unilateral (in one ear) or bilateral (in both ears).**
- **Hearing loss.**
- **Unilateral or bilateral tinnitus.**
- **A sensation of fullness or pressure in one or both ears.**

Ménière's often begins with one symptom, and gradually progresses. However, not all symptoms must be present for a doctor to make a diagnosis of the disease.

Several symptoms at once is more conclusive than different symptoms at separate times.

Attacks of vertigo can be severe, incapacitating, and unpredictable. This combines with an increase in volume of tinnitus and temporary, albeit significant, hearing loss. Hearing may improve after an attack, but often becomes progressively worse. Nausea, vomiting, and sweating sometimes accompany vertigo. (although symptoms may seem constant, actual attacks are generally considered to last around 24 hours at a time)

Some sufferers experience what are informally known as "drop attacks" — a sudden, severe attack of dizziness or vertigo that causes the sufferer, if not seated, to fall. Patients may also experience the feeling of being pushed or pulled (Pulsion). Some patients may find it impossible to get up for some time, until the attack passes or medication takes effect.

In addition to hearing loss, sounds can seem tinny or distorted, and patients can experience unusual sensitivity to noises (hyperacusis). Some sufferers also experience nystagmus, or uncontrollable rhythmical and jerky eye movements, usually in the horizontal plane, reflecting the essential role of non-visual balance in coordinating eye movements.

### **Cause of Ménière's disease**

The exact cause of Ménière's disease is not known, but it is believed to be related to endolymphatic hydrops or excess fluid in the inner ear. It is thought that endolymphatic fluid bursts from its normal channels in the ear and flows into other areas causing damage, this is called "hydrops".

The membranous labyrinth, a system of membranes in the ear contains a fluid called endolymph. The membranes can become dilated like a balloon when pressure increases and drainage is blocked.

This may be related to swelling of the endolymphatic sac or other tissues in the vestibular system of the inner ear, which is responsible for the body's sense of balance. In some cases, the endolymphatic duct may be obstructed by scar tissue, or may be narrow from birth. In other cases there may be too much fluid secreted by the stria vascularis.

The symptoms may occur in the presence of a middle ear infection, head trauma or an upper respiratory tract infection, or by using aspirin, smoking cigarettes or drinking alcohol. They may be further exacerbated by excessive consumption of salt in some patients. Some have pointed out that this "central hypothesis" of Ménière's is questionable, as many normal people without Ménière's have evidence of increased pressure in the inner ear too.

It has also been proposed that Ménière's symptoms in some patients may be caused by the deleterious effects of a herpes virus.

Herpes is present in a majority of the population in a dormant state. It is suggested that the virus is reactivated when the immune system is depressed due to a stressor such as trauma, infection or surgery. Symptoms then develop as the virus degrades the structure of the inner ear.

### **Standard medical Diagnosis: Ménière's disease**

Many disorders have symptoms similar to Ménière's disease. Doctors establish it with complaints and medical history. However, a detailed otolaryngological examination, audiometry and head magnetic resonance imaging (MRI) scan should be performed to exclude a tumour of the eighth cranial nerve (vestibulocochlear nerve) or superior canal dehiscence which would cause similar symptoms. Because there is no definitive test for Ménière's, it is only diagnosed when all other causes have been ruled out.

### **Standard Treatment of Ménière's disease**

Initial treatment is aimed at both dealing with immediate symptoms and preventing recurrence of symptoms, and so will vary from patient to patient. Doctors may recommend vestibular training, methods for dealing with tinnitus, stress reduction, hearing aids to deal with hearing loss, and medication to alleviate nausea and symptoms of vertigo.

Several environmental and dietary changes are thought to reduce the frequency or severity of symptom outbreaks. Most patients are advised to adopt a low-sodium diet, typically one to two grams (1000-2000 mg) per day at first, but diets as low as 400 mg are not uncommon. (See low salt diet below).

Patients are advised to avoid caffeine, alcohol and tobacco, all of which can aggravate symptoms of Ménière's. Patients are often prescribed a mild diuretic & allergy testing can often help distinguish possible triggers which might aggravate meniere's.

## **Drugs**

Medication prescribed for treating meniere's disease may include antihistamines, anticholinergics, steroids, Vestibular Suppressants, Calcium Channel Blockers, Immune suppressants and diuretics.

If you live in the UK chances are you will have been prescribed SERC (Betahistamin)

## **Surgery**

Surgery may be recommended if medical management does not control vertigo.

Permanent surgical destruction of the balance part of the affected ear can be performed for severe cases if only one ear is affected. This can be achieved through chemical labyrinthectomy, in which a drug (such as gentamicin) that "kills" the vestibular apparatus is injected into the middle ear.

Alternatively, surgeons can cut the nerve to the balance portion of the inner ear in a vestibular neurectomy, or the inner ear itself can be surgically removed (labyrinthectomy).

These treatments eliminate vertigo, but because they are destructive, they are considered only as a last resort. Typically balance returns to normal after these procedures (albeit a balance system only using the unaffected side) but hearing loss may continue to progress.

Surgery to decompress the endolymphatic sac has shown to be effective for short term relief from symptoms. Most patients see a decrease in vertigo occurrence, while their hearing may be unaffected. This treatment, however, does not address the long-term course of vertigo in Ménière's disease.

## **Additional Notes: Progression**

Sufferers whose Ménière's began with one or two of the classic symptoms may develop others with time. Attacks of vertigo can become worse and more frequent over time, resulting in loss of employment, loss of the ability to drive, and inability to travel.

Some patients become largely housebound. Hearing loss can become more profound and may become permanent. Some patients become deaf in the affected ear. Tinnitus can also worsen over time. Some patients with unilateral symptoms, as many as fifty percent by some estimates, will develop symptoms in both ears over time leaving some totally deaf as a result.

Ménière's disease can however end spontaneously and never repeat again. Some sufferers find that after eight to ten years their vertigo attacks gradually become less frequent and less severe; in some patients they disappear completely.

### **Migraine link**

Migraine leads to a greater susceptibility of developing Ménière's disease. The distinction between migraine-associated vertigo and Ménière's is that migraine-associated vertigo may last for more than 24 hours.

## **Symptomatic Relief is Not Enough-Treat The Cause & Lose The Symptoms.**

While I'm sure many will disagree with what I am going to say about the reasons for developing balance disorders, I feel it is important to give you an insight into why The Natural Vertigo & Dizziness Relief method works where others fail.

Although the methods included in this book will address the symptoms of your balance disorder, this book is designed to heal the underlying issues which may be causing the disorder, regardless of actually knowing what these issues are.

Within this report we have brushed over the common methods used to treat specific forms of balance disorder but we don't want to stop there.

I want to show you a way to tackle the underlying issues which has proved effective for sustained relief for me, & which if followed can not only help you get relief from your balance disorder but stop it returning.

I must stress that what I will reveal to you has been successful for me and countless others, but that does not necessarily guarantee success for you, please remember nothing works for everyone.

To understand why this method works, we must first try to understand the reasons for the disorder, so lets take a look:

### **Suspected Underlying Causes of Balance Disorders.**

Many factors are known or suspected of contributing towards balance disorders, unfortunately even with modern day medical practices, identifying any specific route cause is almost impossible.

Listed within this chapter are some lesser known possibility's which research indicates may also have a bearing. This is just a small list of some risk factors thought to be responsible for and attributed to balance disorders, many prescribed and over the counter drugs may also play a very damaging part.

#### **PREVIOUS INJURY / TRAUMA / SUGERY**

It is known that balance disorders can develop after a serious accident, trauma even surgery.

#### **GENETICS / FAMILY**

Studies into the cause's of balance disorders suggest the association of specific genes which could be linked to certain types of balance disorder conditions.

Its thought that balance disorders or genes containing a condition called autoimmune disease may be passed down through family generations.

Having the gene passed to you through family puts you at a higher risk of developing one or more of a number of disorders, this is known as genetic predisposition, this however does not mean you will develop the condition.

Genetic family predisposition to autoimmune is something which is just coming to the

forefront of medical science. The fact that your family possesses such a gene only means there is a greater risk as stated above, however autoimmune disorders manifest in many different ways.

For example there may never have been another case of balance disorder in your family before you but if you take a closer look I'm willing to bet that one side of your family suffers with afflictions such as Type 1 Diabetes, Rheumatoid Arthritis or Chronic Urticaria?, these are just a few of the almost endless list of autoimmune disorders.

It should also be noted that people with Type 'O' blood group are more likely to develop symptoms of autoimmune disease. This is because O is the oldest blood group which goes all the way back to the birth of mankind, but in all that time our systems haven't really changed much. We originated with a hunter gatherer diet not the agrarian type.

## **VIRAL INFECTION**

Ménière's disease, Labyrinthitis and many cases of non specific balance disorder may follow viral infection such as by neurotropic viruses known to invade the endolymphatic sac and provoke endolymphatic hydrops. Herpes simplex 1 (HSV1), & herpes simplex 2 (HSV2), are commonly found in Ménière's sufferers (discovered through autopsy).

## **SMOKING**

Smoking cigarettes and passive smoking has damaging effects on many parts of the human body, its clear to everyone what smoking does to their heart and lungs, not to mention their skin.

You may be surprised to learn that studies now indicate a very strong link between smoking and balance disorders, smoking is also clearly linked to autoimmune disease.

The connection is yet to be fully understood, but research has shown that smoking releases excess free radicals and toxins into the bloodstream.

Excess free radicals along with numerous other toxins are known to attack and effect the immune system, which may cause abnormality in white blood cells.

## **ALLERGIES / FOOD INTOLERENCIES**

There are very few foods which cause obvious allergic reactions, the best known are probably peanuts but the fact remains that food is by far the most common culprit for many conditions.

Not knowing what foods you may be allergic to is a real problem, a bigger problem than you might imagine.

Many people go through life with food intolerances and never show any classical signs of an allergy, for this reason they may never suspect their favourite food may be the cause of their problem.

Symptoms of food intolerances, when apparent are more often than not delayed reactions and in many cases may not manifest as a classical allergy symptom.

Nutritionists specialising in food intolerances and allergies suggest that the main culprit will often be our favourite food or beverage, the foods we crave, the food or drink you cant live without. These foods may have an addictive quality.

## **CANDIDIASIS**

Candida is normally a harmless yeast contained within the gastrointestinal tract, under normal circumstances Candida is a sugar fermenting yeast which along with other micro-organisms help break down and digest food.

The human body's biochemistry is very fragile and may be easily thrown off balance. Candida can transform itself from part of the body's natural yeast, into a pathogenic fungus, a condition known as candidiasis.

The transformation of Candida into candidiasis can be caused by the prolonged use of antibiotics, stress, diabetes, acidic pH level, & depleted immune system.

Candidiasis growth can affect the normal functioning of the gut, & without treatment the fungus can penetrate the wall of the gut causing leaky gut syndrome. Once through the wall candidiasis can pass through the bloodstream releasing toxins which can attack any of the body's organs. Candidiasis is also known to decrease the body's nutrient uptake, leading to vitamin and mineral deficiency.

## **HEAVY METAL POISONING / METAL TOXICITIES**

Heavy metal poisoning has become a major health problem in recent history and will inevitably become much worse, as more countries become industrialised nations. Metals and industrial by products seep into the water and enter the food chain.

Heavy metals have a density of over five times that of water, the human body is unable to successfully break down the foreign bodies and is forced to retain them.

The accumulation of heavy metals trapped in the body causes toxicity to poison the bloodstream, leading to damaged kidneys, lungs, nervous system and other organs.

## **BACTERIA & PARASITES**

When the immune system is overloaded either through viral exposure or toxic metals and/or chemicals your body can become overwhelmed, when this happens it is easy for parasites and bacteria to get a foothold. This is not surprising, as we are all exposed to them on a daily basis.

Unhealthy bacteria such as spirochaetes, as well as viruses and dinoflagellates (algae which produce nasty toxins), can colonise your liver and its biliary system, causing the synthesis of very long-chain saturated or renegade fats that lead to liver toxicity,

## **PARASITES**

Parasites are often unrecognised in diagnosing health problems including balance disorders, yet there are over 100 different types that can live in human hosts. These organisms derive nourishment and protection from other living organisms known as hosts.

They live and reproduce within the tissues and organs of infected human and animal hosts, and are often excreted in faeces. Studies at an American clinic, found about 80% of

patients who had abdominal inflammation and unrelated aches and pains, and disorders were found to have one or more parasites living in them.

## **TYPES OF PARASITES THAT CAN THRIVE IN THE HUMAN BODY**

### **Flukes:**

Flukes are leaf-shaped flatworms, there are four types: liver flukes, blood flukes, lung flukes, and intestinal flukes.

### **Tapeworms:**

Tapeworms are common throughout the world. They are long, flat, ribbon-like creatures that attaches itself to the intestinal wall.

### **Roundworms:**

Roundworms are multi-cellular parasites.

### **Protozoans:**

Single-celled protozoans are microscopic in size, these single-cell parasites are known to kill and harm more people worldwide than any other parasitic type.

## **Symptoms of Parasitical Infection may Include the Following**

- ◆ Allergies/skin disorders
- ◆ Abdominal wind/gas
- ◆ Anaemia
- ◆ Appetite loss/changes
- ◆ Arthritis
- ◆ Blisters on lip inside mouth
- ◆ Bloating
- ◆ Blood sugars swings – huge
- ◆ Concentration difficulties
- ◆ Constipation
- ◆ Cramps
- ◆ Dermatitis

- ◆ Diarrhoea
- ◆ Digestion problems
- ◆ Fatigue
- ◆ Headaches
- ◆ Insomnia
- ◆ Irritable bowel
- ◆ Joint pain
- ◆ Memory loss
- ◆ Mineral imbalances
- ◆ Muscle pain
- ◆ Migraine
- ◆ Nausea
- ◆ Restlessness at night
- ◆ Skin rash
- ◆ Weight loss
- ◆ Vertigo

This probably all sounds a bit frightening, but try not to worry too much at this point as the last chapter will explain how you can easily restore your body to its healthy state. Knowing every risk factor associated with the underlying cause of balance disorders is not really an option. Fortunately you won't need to search for a specific cause, as The Natural Vertigo & Dizziness Relief method is purposely designed to address the listed underlying factors.

### **Standard Low Salt Diet- Dietary Method For Controlling Balance Disorders**

If you have suffered with your balance disorder for some time you will no doubt be familiar with the low salt diet & while it does have its merits used on its own it is unlikely to offer any great chance of success in most cases, having said that you might be the lucky one so it is still worth keeping in mind.

A low salt diet of 1000 mg of sodium or less per day is the generally accepted dietary method for controlling balance disorders. Keeping a constant, low sodium level can be effective in helping to relieve dizziness.

However Ingesting very little salt throughout the day then having 1000 mg during one meal or snack will make your balance symptoms worse, so its important to distribute salt intake as evenly as possible during the day.

It is also important to keep your water intake constant throughout the day, drinking 64 oz. (8 - 8 oz. glasses) or more per day. Water consumption should be increased to keep pace with sweating caused by hot weather or exercise.

A low salt diet essentially means giving up or limiting your intake of several food types including:

Frozen, pre-packed, part cooked and prepared foods. Even so called healthy pre- packed meals contain frighteningly high quantities of sodium. Check the labels.

Snack Foods. They contain very large amounts of salt and should be avoided anyway as they are extremely unhealthy and have no nutritional value.

Cheese. Although hard to believe, cheese contains enormous amounts of salt. In cheese making, the cheese is dumped into salt vats to stop (kill) the bacteria used in its production.

Chinese, Japanese and other regional food restaurant and take away foods are commonly prepared with large amounts of salt. Although you can ask the restaurant to not add any salt, they will still cook with traditional sauces that are rich in sodium.

Fast food is typically very high in sodium although there are some exceptions. In some countries fast food restaurants are required to post the contents of their food in the restaurant, so be sure to check if this applies to your area.

Added Salt. Avoid adding salt to foods like French fries, pop-corn, etc. Many brands of frozen fries already contain salt.

Condiments and Sauces. Worcestershire sauce, Teriyaki sauce, salad dressings and many other condiments contain large quantities of salt. Check the labels

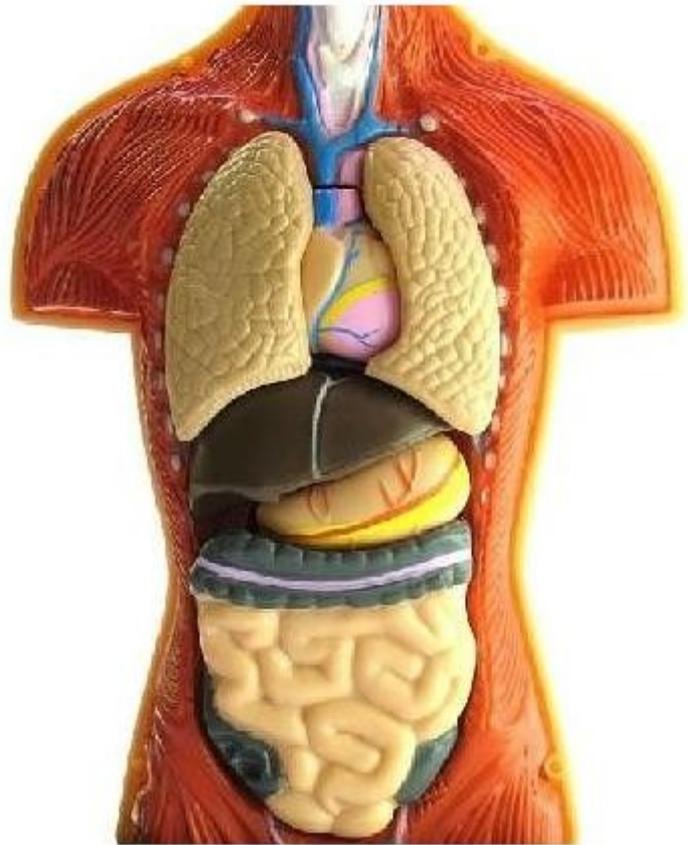
## **The Importance of Detoxification In the Treatment of balance Disorder?**

Balance disorders, whichever way you look at them, and regardless of the name you use to categorize is an abnormality of the inner ear which can cause an array of symptoms such as vertigo, hearing loss, tinnitus and aural fullness

Detoxification is one of the many ways to help combat all types of balance disorders and its symptoms.

In this chapter, we will discuss important information regarding why detoxification is so important and why it needs to be the first course of action on your road to recovery.

Using natural detoxification techniques can make the difference between a healing and treatment program that works for your balance disorder and one that does not.



### **Why Detox?**

Over time, fats, cholesterol, organic toxins, inorganic chemicals and other agents can build up in various tissues and organs all around the body. But perhaps the first questions are what is detoxification and what needs to be detoxified?

The idea of needing to detoxify comes from a knowledge of how the body works. When the body digests our food, there are some indigestible pieces left over that we need to get rid of.

These indigestible parts of our food never get inside our body and are eliminated with our normal bowel function, however these so called waste products have an important role to play before our body dispenses with them.

These waste products are commonly called FIBRE, these indigestible parts of the food or fibre are very important to our health because they absorb harmful waste material that is on or in our food and helps the body get rid of them in our bowel movements.

This is our body's natural detoxification process and when it works to it's optimum everything is great, unfortunately this is seldom the case as we get older. The reason our natural detoxification fails to continue to work as it should as we age has much to do our whole environment, the food we eat, the air we breath even the water we drink to name but a few.

### **So Where Do We Start?**

The lymphatic system is the most important place to concentrate your efforts on detoxification, what is the Lymphatic System?. The main organ of elimination of body waste is the skin.

That is if you consider the biggest organ (the skin) as the main organ. Sweat is the substance the body makes to get rid of the unwanted substances in the body that can be called "toxins". For instance if you smoke and sweat a lot, nicotine can be smelled and seen as a yellow substance that will come out of your body in your sweat.

Now the skin, the lungs, the colon, and the kidneys are the best known organs of elimination of toxins. However there is also a less well known system of elimination called the lymphatic system.

The lymphatic system as well as your blood carry substances like nutrients, hormones and blood cells all over the body. As they return carry wasts and toxins which are to be disposed of.

The differences between the blood and the lymphatic system are many but one of them is that the lymphatics have no heart that pumps the lymph around the body. It depends on

muscular action and valves in the lymph vessels to produce a flow of lymph. Detoxifying the lymphatic system put simply means increasing the speed of flow in the lymph channels.

Once the lymph fluid gets back to the blood – where it is all headed – the body detoxifies any substance that needs to be detoxified. Once toxins are detoxified (rendered less harmful or not at all harmful) – mainly in the liver - then the waste products are eliminated (gotten out of the body) via the skin, lungs, large bowel and kidneys.

### **How to Detoxify the Lymphatic System?**

The lymph system toxins are detoxified by speeding up their passage to the liver for processing and then by the bile to the large bowel for elimination, or to the blood stream where the skin, lungs, and kidneys excrete it.

If there is not enough fiber in the large bowel to hold onto the toxic and toxic break down products while they are moving through the colon, then they get reabsorbed and recycled through the blood which is bad hence the need to speed up the flow of lymph through the lymphatics.

There are many ways in which one can speed up this process and help the body properly detoxify it's self, there are lots of expensive kits and potions available which claim to do the trick and I'm sure many of them actually do what they say they will, but as part of this book I will explain how to detoxify your Lymphatic System in a natural (& cheap) way.

### **Simple Detoxification of The Lymphatic System**

One of the best and easiest ways to cleanse the entire lymphatic system is by simply brushing the surface of the body with a soft dry brush made of natural bristles.

The traditional Chinese version of this method uses the dried fibres of a ground fruit called 'silk squash', known as loofah in the West, but natural-bristle brushes have proven to be

far more effective. The brush should have a long handle, soft natural bristles, and always be kept dry.

Dry skin brushing stimulates the lymph canals to drain toxic mucoid matter into the colon, thereby purifying the entire lymphatic system. This enables the lymphatic system to perform its role which is to keep the blood and other vital tissues detoxified.

In addition, skin brushing is highly stimulating to surface circulation of blood and leaves you feeling invigorated. Skin brushing needs to be performed only once a day, preferably first thing in the morning, and it takes only a couple of minutes.

### **Directions for Skin Brushing**

Make sure your body is completely dry, remove all clothing. With the brush in hand sweep it once or twice over the whole body apart from the face.

Do not scrub, massage, or rotate the brush on the body; just sweep it across the skin in long smooth strokes in the direction of the colon. Brush up the arms from hands to shoulders, up the legs from feet up, down the back and torso, up the buttocks, down the neck, and across the shoulders.

After a few days, you may notice a gelatinous mucoid material in your stools; that's toxic lymph which has drained into your colon owing to skin brushing.

I know this may seem just a little too easy, but the truth is this helps, many believe that regular brushing can also help people avoid or lessen the chance of developing some forms of cancer. The reason for this is many forms of cancer start in the lymphatic system.

Near the end of this book you will find out how to put everything together to aid your recovery, skin brushing should be added to the overall regime to speed up the process, in fact I would encourage everyone reading this book to take up regular dry skin brushing whether you suffer with balance disorder or not.

## **BPPV Particle Repositioning Manoeuvres & Balance Compensation Exercises**

The following section is devoted to those suffering with BPPV, although repositioning exercises are best carried out and supervised by a specialist the following will hopefully serve to educate. For those of you who have been diagnosed with BPPV but only prescribed with drug therapy it might be worth mentioning these procedures to your medical practitioner.

Perhaps you are familiar with one or maybe more of the following balance compensation exercises or particle repositioning methods, If not this will be your chance to get up to speed. BPPV sufferers will need to adopt the exercise method which best suites them. (Specialist help & advice should be sought).

These procedures DO! work although to different degree's and with varying success rates, in the following paragraphs I will explain the procedures with diagrams, I will also suggest the best procedure with the highest success rate. Unfortunately I cant tell you which one is going to work for you as we are all different as are the varying symptoms & effects of BPPV.

In most cases, the first line of treatment for those with dizziness or vertigo is pharmaceuticals. However, pharmaceuticals have been proven to be quite ineffective in combating balance disorders such as BPPV, however the following methods have shown success rates as high as 93%.

I stress that this is usually a quick fix but probably not a permanent one, but stopping the vertigo and nausea while you work on the underlying contributing factors is undoubtedly a great place to start

**Epley Manoeuvre,**

The particle repositioning manoeuvres or Epley Manoeuvre, has become a widely accepted treatment for balance disorders especially benign paroxysmal positional vertigo (BPPV). It was in 1992 that Epley published his first report on the canalith repositioning procedure, or CRP.

Since then, the Epley Manoeuvre has been modified and worked on and is now known more commonly as the Particle Repositioning Manoeuvre. For many otolaryngologists, this is now a standard procedure.

### **How to Perform the Epley Manoeuvre:**

You are seated, and the doctor or partner turns your head 45 degrees horizontally toward the affected ear. You should hold the doctor's arms for support.

The doctor tilts you backward to a horizontal position with your head kept in place at a 45-degree turn, hanging. An attack of vertigo is likely as the debris moves toward the apex of the canal. You are held in this position until the vertigo stops, usually within a minute.

The doctor turns your head 90 degrees toward the unaffected ear. The doctor then rolls you onto the side of the unaffected ear, so that you are now looking at the floor. The debris should move in the canal again, possibly provoking another attack of vertigo.

You should remain in this position until the vertigo stops, usually within a minute.

The doctor helps you back to a seated position. Then the doctor tilts your head down 30 degrees, which allows the debris to fall into the utricle of the canal where it will not cause vertigo.

In some cases, your doctor or physical therapist may have you do the modified Epley procedure at home. If your doctor has shown you how and you feel confident, you can try this at home to get rid of your vertigo.

After the manoeuvre, it is generally advised to stay in an upright / sat upright position. The time required to stay in an upright position after the procedure is generally advised as at

least 8 hours.

NOTE: The Epley manoeuvre should not be attempted by those suffering with unstable heart disease, high grade carotid stenosis, ongoing CNS disease (stroke or TIA), and severe neck disease.

Medical advice should always be sought before the procedure, if you are in any doubt. pregnant women beyond the 24th week gestation should also seek medical advice before attempting this procedure (to avoid the supine hypo-tension syndrome).

### How to Perform the Epley Manoeuvre at Home Without Aid:

The home version of the Epley Manoeuvre is best carried out after first discussing it with your doctor,

knowing which side is the problem will save time and discounting other more serious issues such as tumours is vital.

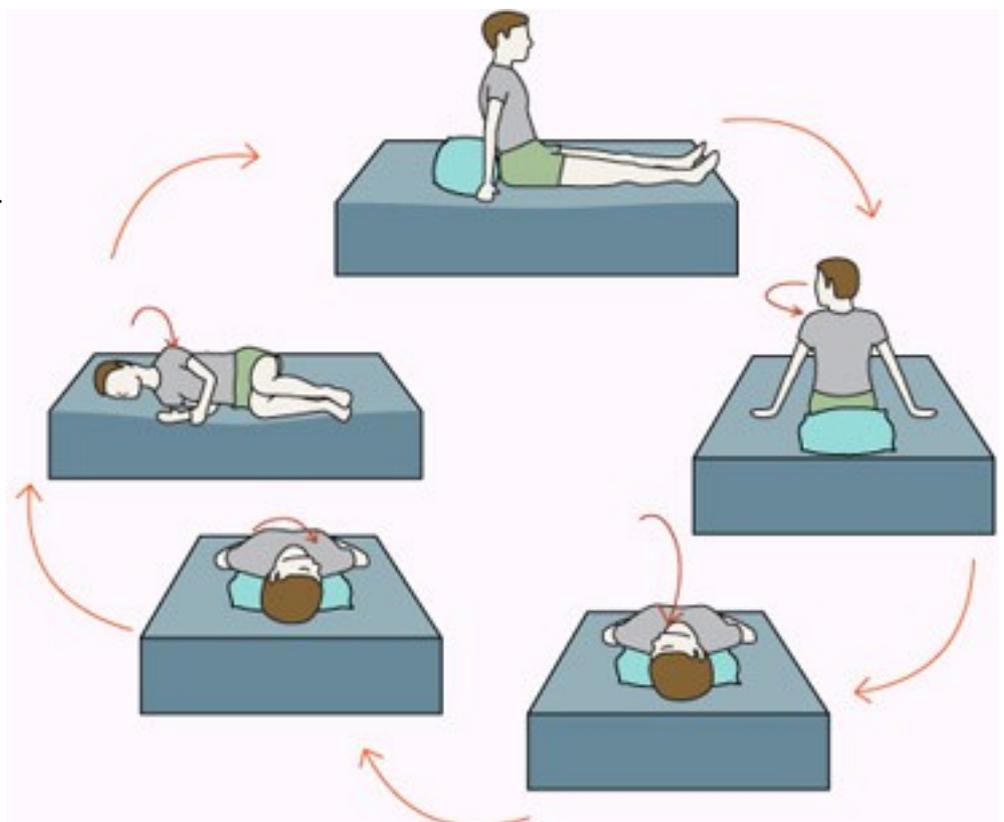
The method for the home Epley Manoeuvre is performed as shown in the picture on the right.

Note you will need a pillow for this procedure.

Click this link to watch a video of the procedure being performed:

#### [Home Epley Video](#)

Please note this video is free to view (YouTube), however we are not affiliated in any way to the video author or to the website. The video's may not be an exact reflection of the correct procedure and are meant only as an insight.



Start in the upright position then stay in each of the lying down positions for 30 seconds, and in the sitting upright position top picture for 1 minute.

One cycle takes 2.5 minutes. Typically three cycles are performed just prior to going to sleep. It is best to do them at night rather than in the morning or midday, so that if one becomes dizzy following the exercises, then it can resolve while sleeping. The mirror image of this procedure is used for the right ear.

On completion even if you are going to sleep you will need to prop yourself up with pillows, it is important not to lie flat after the procedure.

Repeat this daily until you are free from positional vertigo for 24 hours.

## **Semont Manoeuvre**

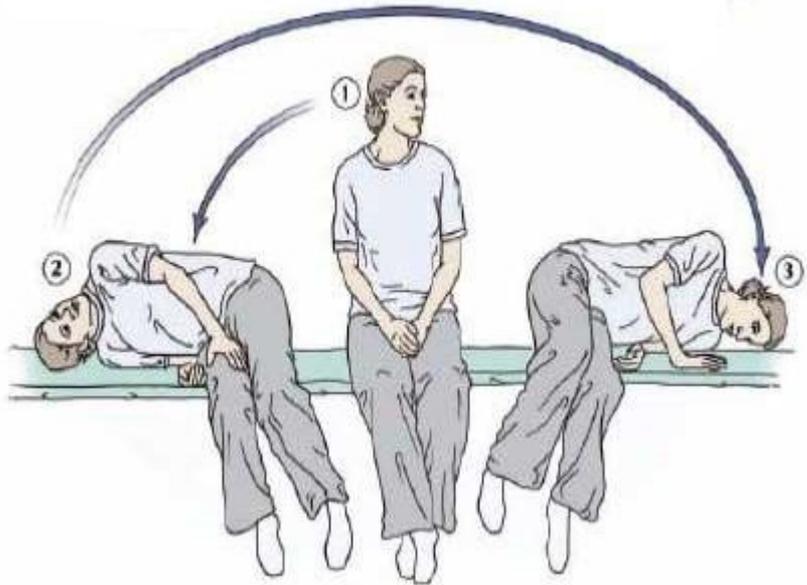
There is another manoeuvre known as the Semont Liberatory Manoeuvre It was in 1988 that Semont described the Liberatory Manoeuvre This manoeuvre was meant to put the head's position through a series of rapid changes.

The Semont are exercises used to treat benign paroxysmal positional vertigo (BPPV). They are done with the assistance of a doctor or physical therapist. A single 10- to 15-minute session usually is all that is needed.

When your head is firmly moved into different positions, the calcium crystal (canalith) debris causing vertigo will slip out of the semicircular canal into an area of the inner ear where it will no longer cause symptoms. Two manoeuvres have been used successfully: the Semont manoeuvre and the modified Epley manoeuvre

**The Semont Manoeuvre is performed as follows:**

Although the Semont is often carried out with the aid of a doctor it is simple to perform at home, having said that your doctors advice should first be sought.



You are seated, and the doctor turns your head 45 degrees horizontally toward the unaffected ear.

The doctor tilts you 105 degrees so that you are lying on the side of the affected ear with your head hanging and your nose pointed upward.

You remain in this position for 3 minutes. The doctor then moves you quickly through the seated position, holding your head in place, until you are lying on the side of the unaffected ear with your nose pointed to the ground.

You remain in this position for 3 minutes. The debris should move toward the exit of the canal.

### [Semont Manoeuvre Video](#)

Please note this video is free to view (YouTube), however we are not affiliated in any way to the video author or to the website. The video's may not be an exact reflection of the correct procedure and are meant only as an insight.

The doctor then slowly moves you back to the seated position. Any debris should fall into the utricle of the canal, where it will not cause vertigo.

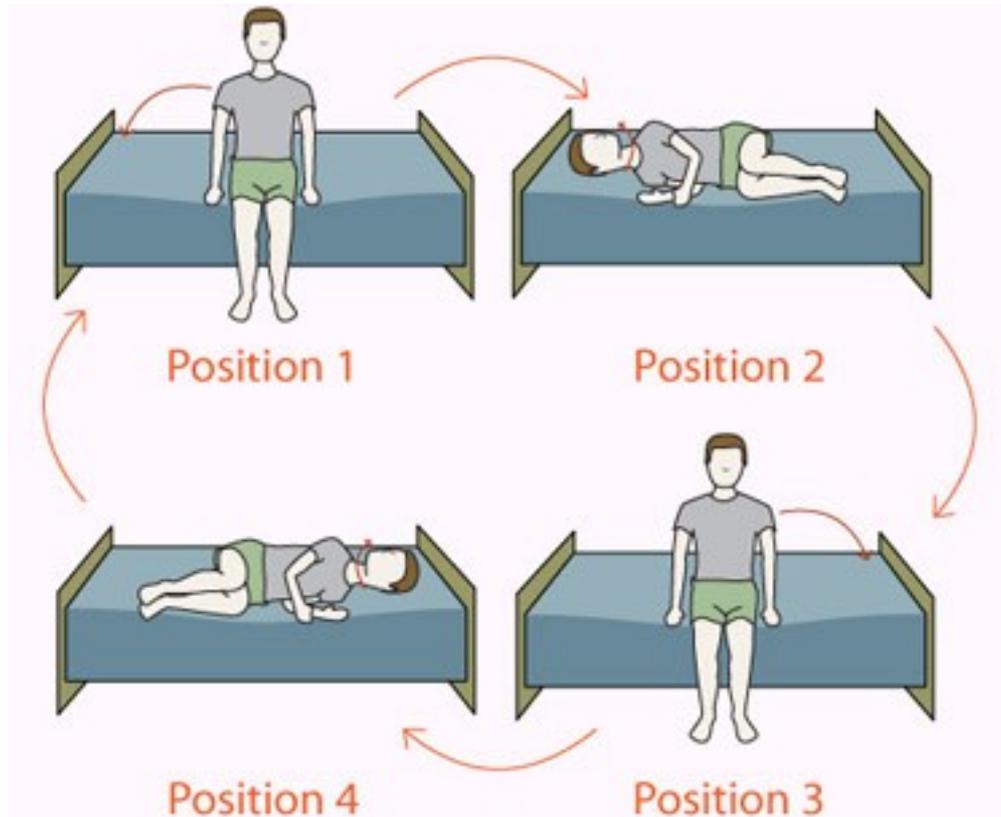
This manoeuvre should be performed three times a day. Repeat this daily until you are free from positional vertigo for 24 hours.

## Brandt-Daroff Manoeuvre

The Brandt-Daroff Manoeuvre is another method of treating Benign Paroxysmal Positional Vertigo / Balance disorder, which can be performed at home with your doctors approval.

This method has a high success rate which is similar to that

of the Epley , however the The Brandt-Daroff Manoeuvre is far more arduous than the Epley manoeuvre.



**The Brandt-Daroff Manoeuvre is performed as follows:**

The Brandt-Daroff Manoeuvre is performed in three sets per day for two weeks. In each set, one performs the manoeuvre below five times.

1 repetition = manoeuvre done to each side in turn (takes 2 minutes)

### Suggested Schedule for Brandt-Daroff exercises

- Morning 5 repetitions 10 minutes
- Noon 5 repetitions 10 minutes
- Evening 5 repetitions 10 minutes

Start sitting upright. Then move into the side-lying position, with the head angled upward about halfway.

An easy way to remember this is to imagine someone standing about 6 feet in front of you, and just keep looking at their head at all times. Stay in the side-lying position for 30 seconds, or until the dizziness subsides if this is longer, then go back to the sitting position.

Stay there for 30 seconds, and then go to the opposite side and follow the same routine. These exercises should be performed for two weeks, three times per day, or for three weeks, twice per day.

This adds up to 52 sets in total. In most persons, complete relief from symptoms is obtained after 30 sets, or about 10 days.

### [Brant-Daroff Manoeuvre Video](#)

Please note this video is free to view (YouTube), however we are not affiliated in any way to the video author or to the website. The video's may not be an exact reflection of the correct procedure and are meant only as an insight.

## **The Gans Manoeuvre**

There are of course more of these exercises many of which are re-worked or hybrid versions of the maneuvers discussed one of which is the Gans Maneuver, information on this procedure is hard to find at the time of writing, however I am informed that the Gans Maneuver is a hybrid of the best parts of the previously discussed procedures & I understand that it has been developed by Doctor Gans in order to treat people suffering with BPPV who also have neck, heart, or back problems.

## **FOOD THERAPY FOR LONG TERM RELIEF FROM BALANCE DISORDERS**

The Natural Vertigo & Dizziness Relief method is not based on diet, however I have included this food chapter as it may help you identify any food triggers you may unknowingly have, or for those of you who do have the inclination to change your diet.

There have been so many books written over the years on the subject of nutrition and how it relates to many diseases.

In recent years nutrition and nutritionists have deservedly come to the forefront in the treatment of autoimmune disorders amongst other diseases and ailments.

I have no doubt that the food we eat directly contributes to most of our bodies problems, I'm also sure that our poor diet has an awful lot to do with increasing cases of vertigo / balance disorders.

A high combined intake of cooked, sweet, processed and fatty food can be characteristic in the development of autoimmune disorders.

Balance disorders along with certain other serious diseases are more prevalent in western society. Research shows that diseases such as autoimmune disorder are far less common in remote or more primitive areas of the world, the reason for this is not hard to see, our industrialised, modern environment is slowly killing us all.

The population of the western world are being poisoned daily without knowing anything about it.

The air we breath contains pollutants and toxins, our meat contain growth hormones and other toxins, the water we drink is overloaded with fluoride, heavy metals along with numerous other chemicals and pollutants, and our crops are covered in pesticides, even organic crops, grown as nature intended are at risk of contamination due partly to cross pollination.

Our bodies have an inability to cope with the toxins we take in every day. Unfortunately we do have a tendency to add to our overall problem with our diet, we all like to eat out now and again, or maybe grab a quick burger when we are in a hurry, and why shouldn't we?.

Unfortunately our bodies have an inability to handle sweet, processed and fatty foods, these foods contain none or very little of the nutrients our bodies need to function properly resulting in an unhealthy intestinal flora.

It is very difficult, if not impossible, to purchase the right food that our bodies require from restaurants and fast-food franchises.

What we like to eat is what we've been conditioned to like from childhood, which is not

really from choice, as we become adults it becomes harder to change that original childhood conditioning, which in many cases leads to our poor diet.

We all need to be better educated nutritionally and consume the right foods accordingly. We need to re-educate ourselves and take charge of what we put in our bodies, these are choices only we can make. With the right tools and knowledge anyone can achieve anything

The following lists of foods has been compiled using research and our personal experimentation, and may be of interest to those of you wishing to address their diet.

### **Foods which are considered bad for autoimmune & therefore balance disorders.**

Avoid anything containing 'Trans fatty acids' or 'Hydrogenated fat'

Also known as trans fats, research has shown that trans fatty acids have many adverse effects on health, & could be responsible for increasing the risk of developing cancer, diabetes, as well as compromising the bodies immune system

- ◆ MSG 'Mono sodium glutamate'
- ◆ often used as a flavouring
- ◆ All processed foods, including all junk / fast food, reformed etc.
- ◆ Alcohol
- ◆ Tinned foods
- ◆ Citrus fruits Whilst in general fruits are known to have a healing potential for

autoimmune sufferers, experience has indicated that citrus fruits such as oranges lemons, limes and grapefruit etc., should be avoided

◆ Sugar

white, brown & all foods containing added sugar

◆ Sweeteners

◆ Salt

except if you have low blood pressure (consult your doctor)

◆ All fizzy soft drinks

carbonated, colas, fizzy even the diet variety

◆ Coffee and tea

And all caffeine containing beverages.

Try using green tea as an alternative, green tea contains excellent anti-oxidant properties.

◆ White rice

Use brown as an alternative

◆ Shellfish

◆ Fat & all fatty foods

◆ Fried food

◆ Additives and preservatives

◆ Mayonnaise

◆ Tobacco

◆ White flour, and all foods containing white flour

Use whole grain, and products containing whole grain as an alternative

- ◆ All gluten containing foods,  
Gluten can damage the intestinal wall by having an irritating and inflammatory effect on the intestinal lining. use gluten free, as an alternative
- ◆ All foods with a long shelf life / use by date
- ◆ Dairy products
- ◆ Margarine
- ◆ Contains trans-fats or Trans fatty acids
- ◆ Eggs
- ◆ Commercial breakfast cereals

### **Good and beneficial foods**

- ◆ All fruits not on the bad foods list list
- ◆ All root vegetables, not on the bad foods list
- ◆ All vegetables that grow above ground, not on the bad foods list
- ◆ Brown rice
- ◆ Sweet potatoes
- ◆ Onions
- ◆ Garlic

- ◆ Celery
  
- ◆ Oily fish. Salmon, sardines, mackerel, herring. (not tinned or smoked)  
Cold water fish contain lots of Omega-3 anti inflammatory oil.
  
- ◆ Beans and pulses
  
- ◆ Lamb
  
- ◆ Chicken & turkey (preferably organic)
  
- ◆ Nuts  
Except hazelnuts and peanuts
  
- ◆ Seeds  
Flaxseed, sunflower, pumpkins, sesame, hemp Seeds
  
- ◆ Green Tea  
As a substitute for tea and coffee
  
- ◆ Tofu and soy bean products  
As an alternative to meat
  
- ◆ Berries  
All fresh berries, Especially fresh cherries, which should be eaten in abundance daily as they are known to help
  
- ◆ Fresh (real) fruit and vegetable juices  
Home-made juices are the best kind, if you have the time
  
- ◆ Ginger and Turmeric (in their natural form)  
Both have been used for centuries for their powerful anti-inflammatory & nausea properties

◆ Olive oil (extra virgin)

Use as an alternative to your normal cooking oil, if you do have to fry anything

◆ Sea salt

◆ Filtered water

Try to drink at least 2 litres per day

Try to intake as much of your new diet raw (vegetables & fruit etc.).

When cooking poultry and meats etc., always grill where possible and cook the meat slowly.

Instead of boiling foods try steaming (boiling at a high temperature will remove the vegetables active properties).

Never cook food in uncoated stainless steel or aluminium saucepans.

Research recommends that you chew each mouthful of food slowly and for as long as possible. Chewing creates saliva, which helps the body to properly digest the food intake, chewing your food more than normal creates extra saliva which is beneficial in the digestive process.

## **Balance Disorder Re-programming, Compensation Exercises**

Balance disorders such as Labrinthitis, BPPV, and Meniere's often cause permanent and irreversible damage to the inner ear. When your inner ear balance organ is damaged, it sends a false signal to the brain.

Vertigo results when the brain believes the false signal sent by the brain and acts accordingly. The recovery that follows is not because the inner ear gets better, but because the brain learns to ignore, adjust to or compensate for the false signal.

The brain learning to make allowances for the faulty information coming from the inner ear is known as compensation.

The inner ear is not the only source of information to help you keep your balance. You also

receive information from:

The soles of your feet right up to your eyes in fact all of your joints and muscles have sense-organs in them which send signals up the nerves and spine, telling the brain what position they are in. You don't need to look to see whether your arms are outstretched or by your side - they tell you where they are. This position-sense is known as proprioception.

The information coming from the eyes, skin, muscle and joints is integrated with the information coming from the inner ears and processed in the brain.

The brain acts as a central processing unit for all of this gathered information and adjusts the body accordingly to keep balance.

By the time we are adults, we have all forgotten how we ever learned to walk - we just take it for granted. But there is an immense amount of skill to it, and an immense amount of computing power used by the brain in achieving it.

The problem with damage to the inner ear is that one of the inputs into these automatic routines is now providing false information to the brain.

If the damage to the inner ear is permanent, your brain will have to re-programme all the previously learned routines in order to balance its self.

### **Balance Disorder Compensation exercises.**

Start with the simple, easy ones and work up to the more difficult.

It is better to split the time up into short sessions of five to ten minutes each.

Some of the exercises can easily fit in with your normal activities. The more time and effort you put in, the quicker you will see some improvement.

You will find that some of the exercises make you feel dizzy and sick. Don't worry, this is quite normal.

By working through the vertigo, you are training the brain to compensate for the faulty signal from the defective inner ear.

You should concentrate and spend extra time on any of the exercises you find difficult , doing all of them will help in the long run.

The secret here is not to overdo it to the extent that you vomit as that will put you off doing any more. All of these exercises can be carried out in your home, here goes:

### **Eye exercises:**

Look up and down 20 times. Start slowly at first, then speed up.

Look from one side to the other 20 times. Start slowly at first, then speed up.

Hold up one finger at arm's length. Focus on it. Move it slowly in towards you and out again 20 times.

### **Head exercises:**

With your eyes open, bend your head forwards, then backwards, 20 times. Start slowly at first, then speed up.

With your eyes open, turn your head from side to side 20 times. Start slowly at first, then speed up.

As the dizziness improves, repeat the head exercises with your eyes closed.

### **Sitting exercises:**

Shrug your shoulders 20 times.

Turn your shoulders to the right and left 20 times.

From the sitting position, bend down and pick up objects from the floor, and sit back up again. Repeat 20 times.

### **Standing exercises:**

Move from sitting to standing up, and back again, with your eyes open, 20 times.  
Repeat with eyes closed.

Throw a small ball from one hand to the other, above eye level, 20 times.

Throw the ball from hand to hand at knee level, 20 times.

Turn around 360 degrees on the spot, eyes open.

Repeat with eyes closed.

As vertigo lessens, speed up.

### **Moving about exercises:**

Walk across the floor with your eyes open 20 times.

Repeat with eyes closed.

Walk up and down a slope with your eyes open 20 times.

Repeat with eyes closed.

Walk up and down steps 20 times with your eyes open.

Repeat with eyes closed.

Make sure you do the exercises regularly, at least an hour a day, broken up into short sessions.

## **Medications during vestibular rehabilitation:**

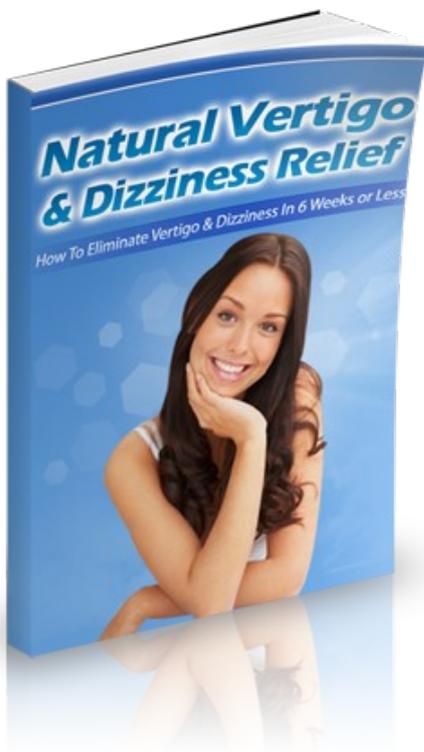
Most vertigo patients will have been prescribed vestibular sedative drugs such as prochlorperazine (Stemetil®) or cinnarazine (Stugeron®) during the acute phase of their illness.

While these drugs are very useful in the early stages of vestibular damage, for suppressing nausea as well as vertigo, they are counter-productive during the rehabilitation phase.

This is because they act as a general sedative, slowing brain activity. In effect these drugs if taken consistently will fool your brain into thinking everything is OK when it quite obviously is not. This is one of the reasons it took so long to get back on my feet (literally).

The doctor prescribed higher and higher doses of Stugeron® to compensate, which I now know was the wrong thing to do, I've only really included this statement to help those who may be passing through the same phase with their practitioner but getting little or no relief.

General practitioners can not really be expected to know exactly how to proceed with each and every illness and disorder, & that's why I'm offering the benefit of my experience. Regardless of whether you follow the guidelines and procedures in this book, if your not happy with your diagnosis or the treatment your receiving, ask for a second opinion, ask to see a specialist.



The wrong diagnosis and treatment in the early stages of balance disorders may in some cases lead to permanent inner ear damage.

### **The Natural Vertigo & Dizziness Relief Method For Treating Ménière's Disease, Labrinthitis, Unspecified Balance Disorders, Dizziness & Recurring Vertigo.**

This Treatment Regimen is Not From a Medical Professional

The information offered here is for general consideration, & not as a specific recommendation for the treatment of any disease. Those who decide to try this balance disorder treatment method are advised to first gain the approval of their doctor or medical specialist.

Most importantly, Do not stop taking any professionally prescribed drugs or treatments without the professional guidance of your doctor.

## **Our Regimen – Multi-Point Method**

After much research, advice and a lot of trial and error I came to the following conclusion: as with most diseases and conditions there really is no magic cure all pill.

The only way to address Vertigo & unspecified balance disorder is by utilising a multi-pronged method.

The point of a multi-faceted approach and the reason I decided to use it was firstly because using any of the following methods had only little or no effect when used on their own. This could be for a number of reasons which quite frankly are way over my head.

My decision to use this approach stems from the many possible reasons I found for the condition or conditions. For now I'll just tell you exactly what the method is. After we've covered the core method I'll try to explain why each element is important.

Before we list the steps included in the Natural Vertigo & Dizziness Relief regime, I would like to remind you that skin brushing (as discussed earlier), should be undertaken by everyone reading this book regardless of whether they suffer with balance disorder or not (Skin brushing is not included in the following steps for that reason)

### **Step #1**

#### **FASTING AND ITS BENEFITS (OPTIONAL)**

This section of the book looks at ways to supercharge you recovery, however I would add, fasting is not required to make the method work it just makes things a little quicker.

Fasting should only be undertaken with your doctors approval. Fasting is a proven natural remedy, which dates back thousands of years, while not for everyone, fasting has more

than proved itself through the ages.

Known for its detoxification and cleansing properties fasting is considered by some as one of the greatest natural healing therapies available to us.

Today more than ever our poor diet and environmental pollutants contribute to our poor health. The human body is today full of harmful toxins, our organs, blood, even our bones. Getting rid of these toxins should be a priority for all of us, unfortunately this is not always so easy to do.

Detoxification through fasting is known to have dramatic effects on many medical problems. Fasting when done properly will remove the harmful toxins from the body. Fasting is not crucial to this method, although it can be very helpful in speeding up the process.

You don't have to fast if you don't want to, the core method will detoxify your body to the same degree, just a little slower.

I have included this chapter as an aid to those who would like to try fasting. Fasting is one of the methods we combined into the overall method, so I think this section relevant.

The fasting method we'll talk of consists of consuming only filtered or mineral water, for two days. Over the two days drink around two litres of water a day.

On the third day eat fruit, and & continue to drink water, on day four you can begin eating little portions of solid food (about half what you would normally eat at a sitting), but more often, with plenty of water. (keep to the 2 litres per day).

Day five, return to normal eating habit. (keep to the 2 litres per day).

Some will say this fasting period is not long enough, but it helps and is less harsh for people who are already at their wit's end.

## **Step #2**

## **Food Intolerances**

Cut anything made with white flour out of your diet (Very Important).  
Avoid anything containing 'Trans fatty acids' or 'Hydrogenated fat'  
Cut anything containing MSG (Monosodium glutamate), (Food Additive).  
Cut or significantly reduce sugar intake.

### **Step #3**

#### **Apple cider vinegar**

Apple cider vinegar, taken twice daily. Add two tablespoons of organic, unpasteurised and unfiltered apple cider vinegar to a medium sized glass of filtered or mineral water. You may substitute the water for fresh apple juice depending on taste if you require.

The glass size will need to hold approximately 8oz of water or juice.

Drink the tonic first thing in the morning, before breakfast, and again before retiring to bed. Make sure you only use the organic, unpasteurised and unfiltered variety of apple cider vinegar, as this contains the mother, The mother is apparent as a cloudy sediment.

Apple cider vinegar is pivotal to this whole method, it may sound absurd, but I can assure you it works.

### **Step #4**

#### **Supplements (Daily)**

Note: Only quality Vitamins, Minerals Herbs should be used weak or multivitamins will not help.

vitamin C 1000 mg (Take 2 Capsules daily,1 morning with meal & 1 evening with meal )

Vitamin B Complex (Take 2 Capsules daily,1 morning with meal & 1 evening with meal )

Vitamin E 400 (IU), (Take 1 daily)

Lemon bioflavonoid tablet (1000mg Take twice a day, 1 morning with meal & 1 evening with meal)

L-Lysine (amino acid) 500mg (Take 1 daily)

vinpocetine (vinn-PO-seh-tine) 10mg (Take 3 daily, preferably with meals)

L-Glutamine 500 mg (Take 1 daily, between meals)

Ginkgo Biloba Extract (60 MG), (Take 2 daily with meals)

Msm (Methylsulfonylmethane) (750MG), (Take 3 daily, preferably with meals)

## **Step #5**

Drink plenty of filtered or mineral water, drink at least 2 litres per day, every day.

## **Starting the Natural Vertigo & Dizziness Relief regime.**

The uptake of this method should be one of patience. Taking everything at once is not advisable, although everything listed is considered harmless it is Impossible to know how any one person will react to any particular supplement or the ACV.

My suggestion is that you start at the top of the list and work down adding the next component on a weekly basis, for example after fasting (if you decide to fast), start taking the Apple Cider Vinegar as described.

You may have noticed I skipped straight to the ACV without mentioning the white flour, MSG and sugar, this is because whichever way you structure your attempt to regain normality you will need to purge these items from your diet as described, Sorry.

ACV is also a component integral to this method, having said that some people find it very hard to take (literally), an alternative is ACV capsules, while the capsule form is far less effective it is better than nothing at all. I would stress that results are far quicker and more favourable when using the unfiltered liquid.

Moving on to the supplements, add a new component on a weekly basis, if you find that any particular supplement disagrees with you (rare), stop taking it and move on to the next.

Each of the supplements is taken for a specific reason & has it's own small part to play in the overall method, it's only when we put everything together that we will see results, however losing one supplement from the whole regime will not hinder things unduly.



## **Why these supplements?**

As I just mentioned each component has it's specific role to play.

The following is just a quick look at the beneficial properties and how they relate to balance disorders.

### **vitamin C**

Increases the mobility of red blood cells as well as increasing the the ability of the blood vessels to transmit fluids (Circulation). Vitamin C also supports or is important for immune system function. These claims are partially supported by the scientific evidence.

Vitamin C functions as an antioxidant. High doses of vitamin C can have protective effects on lead-induced nerve and muscle abnormalities.

## **Vitamin B Complex**

The B vitamins (complex) is actually eight water-soluble vitamins that play important roles in cell metabolism, fluid level in the cells, as well as support and increasing the rate of metabolism, enhance immune and nervous system function, promote cell growth. Vitamin B also contains Niacin/ Niacinamide.

What is Niacin/ Niacinamide.

Niacin/ Niacinamide removes histamine from the body via nicotinamide reaction (this will in many people cause the skin to flush and tingle, however the sensation passes quickly).

## **Vitamin E**

Vitamin E is a generic term for tocopherols and tocotrienols. Vitamin E increases blood flow, works in sync with Vitamin C, is thought to be the most important lipid-soluble antioxidant, and that it protects cell membranes from oxidation.

## **Lemon bioflavonoid tablet (Eriocitrin)**

Bioflavonoids (Eriocitrin) are useful to the body in a number of ways. Their anti-oxidant property helps the body to properly absorb free radical oxygen, and reduce the amount of cellular damage that it can do.

Eriocitrin is also known to widen the arteries which allows easier blood flow (perfect for widening the minute arteries through the ear).

Bioflavonoids (Eriocitrin) are also known to reduce swelling and inflammation, and are an excellent anti oxidant that can provide plenty of protection for your skin and underlying tissues.

## **L-Lysine (amino acid)**

L-Lysine is a necessary building block for all protein in the body. L-Lysine plays a major

role in calcium absorption; building muscle protein; recovering from surgery or injuries and the body's production of hormones, enzymes, and antibodies.

L-Lysine is also beneficial for those with herpes simplex infections (often regarded as one of the most likely contributing factors in the development of Ménière's Disease).

### **vinpocetine (vinn-PO-seh-tine)**

Vinpocetine is reported to have cerebral blood-flow enhancing and neuroprotective effects. Vinpocetine is also used by Russian astronauts to combat vertigo. Research also indicates that the use of the plant derived chemical will over weeks eliminate Tinnitus Symptoms.

### **L-Glutamine 500 mg**

Controls balance and coordination of the body. Glutamin is also known to speed up the recovery process after illness & surgery as well as possessing gastrointestinal tract cleansing properties and effects which are thought to alleviate conditions relating to stemming from the gut.

### **Ginkgo Biloba Extract**

Ginkgo has many properties, but for our purpose it is included for its anti-vertigo properties, improvement in blood flow (including micro-circulation in small capillaries) and reported links to the easing of tinnitus symptoms.

### **Msm (Methylsulfonylmethane)**

MSM reduces allergic reactions and is thought to help restore tissue damage in the inner ear. Msm is also highly regarded for its anti-inflammatory properties (wildly used to treat various types of inflammatory arthritis)

## **Why Apple Cider Vinegar?**

Apple cider vinegar in its most natural form combined with the other elements described will help you achieve your goal.

Vinegar and notably apple cider vinegar has been employed for its medicinal properties

throughout history.

Hippocrates the father of medicine is known to have treated patients with vinegar in 400BC, for thousands of years people have been aware of vinegars benefits.

Generations of family's have passed down this age old remedy, knowing of its remarkable properties.

Folk healers and alternative therapists have continued to use and recommend apple cider vinegar as a treatment for specific diseases, ailments and as a daily health tonic.

Modern day science would have you believe that alternative treatments like this are little more than hype. I have read articles regarding apple cider vinegar, articles which ridicule the use of the liquid as a medicine, medical articles which say there is no proof that apple cider vinegar has any medicinal properties.

Hype doesn't last for thousands of years, apple cider vinegar works and has always worked, just because medical science can't explain it, doesn't mean it doesn't exist, or in this case work.

As they say the proof is in the eating, is it better to use something that nature intended as a medicine, or is it better to fill your body full of chemicals and toxins to keep the drug companies happy.

## **APPLE CIDER VINGAR**

Apple cider vinegar must always be used in its purist form, you must always use organic, unpasteurised, unfiltered ACV, this variety contains the 'Mother'.

The term 'Mother' refers to the unfiltered sediment which is visible at the bottom of the bottle, this sediment is very important as it contains all of the goodness.

Distilling and filtering the apple cider vinegar removes the mother, rendering the tonic as little more than useless.

The treated and mass produced apple cider vinegar is the kind you will find in most supermarkets as it is pretty to look at, don't be tempted to use this variety. Pure ACV can be purchased from most health food stores or on-line.

Always use the liquid as described.

## **PROPERTIES OF APPLE CIDER VINEGAR**

Apple cider vinegar is known to kill bad bacteria, fungi, and viral infections.

ACV combats allergies, cleans the digestive tract and inhibits the growth of damaging fungus, it removes parasites and toxins from the body as well as lowering blood pressure, helping control diabetes, relieve acid reflux and sinus problems.

ACV also helps the body's digestive system work to its optimum.

Apple cider vinegar is rich in potassium, which is needed by the body to promote new cell and tissue growth, also contained are calcium, iron and phosphorus. Taking apple cider vinegar regularly is known to maintain the body's natural PH balance.

## **How Long Until I See Results**

As with any treatment method traditional or alternative results will depend on the severity of ones condition. It is true to say that the Natural Vertigo & Dizziness Relief method of balance disorder relief will not provide overnight results.

The method when used as described will take some time to get to full capacity as you will be adding components of the regime on a weekly basis, you may experience a noticed reduction in symptoms throughout this period, however you should expect to see a marked improvement when all of the listed components have been added.

For many, after a few weeks or a month of practising the whole regime, relief becomes complete, with no further symptoms.

Dizziness disappears, tinnitus becomes greatly reduced or disappears completely. In cases where the disease has not been prolonged, hearing can return to nearly normal levels.

For others, relief may not be 100%, although any reduction in the severity of the condition is welcome.

## **Length of Treatment**

The Natural Vertigo & Dizziness Relief method in most cases needs to be followed indefinitely to remain effective. For those wishing to remove or reduce elements of the regime, we recommend one component at a time over a two week period.

## **Recommended Supplement Suppliers**

The following supplement suppliers are provided for your convenience and for those of you who either don't have a local health food/ supplement store or find it difficult to get out and about. (To follow).

You may find your local health shop very helpful. Our local health food store carried many of the supplements listed plus they were happy to order in whatever else we needed.

## **Quick Start, The Natural Vertigo & Dizziness Relief Method (Summery)**

### **Step #1**

Fasting (Optional)

### **Step #2**

Cut anything made with white flour out of your diet (Very Important).

Avoid anything containing 'Trans fatty acids' or 'Hydrogenated fat'  
Cut anything containing MSG (Monosodium glutamate), (Food Additive).  
Cut or significantly reduce sugar intake.

### **Step #3**

Apple cider vinegar (2x daily as described)

### **Step #4**

Supplements (Daily)

vitamin C 1000 mg (Take 2 Capsules daily, 1 morning with meal & 1 evening with meal )

Vitamin B Complex (Take 2 Capsules daily, 1 morning with meal & 1 evening with meal )

Vitamin E 400 (IU), (Take 1 daily)

Lemon bioflavonoid tablet (Take 1000mg twice a day, 1 morning with meal & 1 evening with meal)

L-Lysine (amino acid) 500mg (Take 1 daily)

vinpocetine (vinn-PO-seh-tine) 10mg (Take 3 daily, preferably with meals)

L-Glutamine 500 mg (Take 1 daily, between meals)

Ginkgo Biloba Extract (60 MG), (Take 2 daily with meals)

Msm (Methylsulfonylmethane) (750MG), (Take 3 daily, preferably with meals)

### **Step #5**

Drink plenty of filtered or mineral water, drink at least 2 liters per day, every day.

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