VERTIGO SECRETS
Detailed Report on Vertigo and Formulation for Treatment and Prevention
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INTRODUCTION

One morning you woke up, opened your eyes and you saw everything around you spinning. You tightly closed your eyes, but when you opened your eyes again the dizziness remained. You attempted to get up from your bed but the dizziness prevented you from even sitting up straight. Everything around you was spinning like crazy.

After a while, the initial shock of the dizziness will eventually wear off, leaving behind feelings of anxiety. Knowing nothing about your condition, you begin to worry. Questions, doubts, feelings of fear, guilt, and stress start to flow. Before you could even dwell deeper, you open your eyes and you find everything is back to normal.

If you have had a similar situation like this happen to you, the problem might be more serious than you think. The symptoms that you have experienced point to a rather grave medical condition: Vertigo.

Taken from the Latin words "vertere," which means to turn and the suffix "-igo", which refers to a condition, vertigo is a feeling of motion. Vertigo is not dizziness as often erroneously defined by people. It is an illusion or a hallucination of movement. It is the feeling that your environment is moving when in reality no movement occurs. The effects can be as light as nausea and vomiting or as severe as difficulties of performing normal functions as simple as standing up or walking.

The bad news is that vertigo is a very serious medical condition and treatment is necessary. It is a crippling disease wherein your ability to perform normal day-to-
day functions can be hindered. For example, operating machineries, even the simplest ones, can be dangerous.

Sometimes vertigo goes away by itself but only to reappear in a month or two. This is why treatment should immediately be considered before you find yourself in a precarious situation. If a vertigo attack is to occur while you're operating a machine, the end result could be a huge accident, which can involve not only your life and limb but those of other people as well. Would you rather risk your safety and the people around you? The disease can be treated with the right medical evaluation and correct medications.

Usually, the causes of vertigo can be traced to problems associated with the inner ear balance mechanisms or what is known as the vestibular system. Often, the problem roots from an inflammation of the inner ear.

Still there are other causes of vertigo, which include Meniere disease; Acoustic neuroma, a type of tumor; a decreased blood flow to the brain; severe trauma; and even migraine. The disorder can also be triggered by actual motion sickness such as when riding a boat, airplane, any vehicle, or amusement park rides. Stroke can also cause vertigo.

**THE HUMAN BALANCE SYSTEM**

Believe it or not, you can stand now because of this teeny tiny organ inside your inner ear— the labyrinth. Any problems with this can cause you to fall flat on your face. You can experience unsteadiness, wooziness, sensations of movement, spinning, and even the feeling that one is floating in the air. This goes to show that size doesn't matter in all cases. Despite being so small, the labyrinth interacts with the body's visual and skeletal systems, working closely with them to maintain body balance and stability during
much of your daily activities. Without the labyrinth; walking, running, or even sitting normally would not be possible.

**How it works**

The labyrinth is actually made up of three structures: superior, posterior, and horizontal canals. Each one contains fluids that tell you if you are moving or if you are in a stationary position. Now, your brain, being your main thinking tool would get the movement information from the inner ear and combine it to what your eyes see and how your muscles feel to determine the body’s orientation. But just like communicating with people, communication between body parts is not always smooth sailing. Miscommunications can then result to a problem with maintaining balance. This can be due to some bacteria or virus that you caught, bumping your head too hard somewhere, problems with your blood, some medicines you are taking, or just because of plain old age.

One kind of balance disorder is Vertigo. Strokes, brain tumors, low blood pressure, heart arrhythmias, multiple sclerosis, and migraine headache are usually non-conventional causes of vertigo. Some drugs, whether over the counter or prescription drugs, can also result to dizziness related to vertigo. In fact, some sensitive people can develop vertigo from simply taking cold and flu medicines, painkillers, and also treatments for high blood pressure, diabetes, and thyroid disease. Depression and anxiety is also known to create feelings of lightheadedness and even dizziness.

Vertigo can be subdivided into two major categories: peripheral or central vertigo. Each category is distinct, with different sets of studies and findings. They differ on the location of the causes.
Central Vertigo

This kind of vertigo is caused by problems in the brainstem or the cerebellum, which is the back part of the brain. The problem is oftentimes a form of scarring of the tissues in these areas. Such damage can be caused by a variety of conditions like multiple sclerosis and migraines. Some severe instances are the result of trauma, stroke, or infection.

The effects of central vertigo are often felt gradually. The intensity of the effects is described as milder than the effects felt by those who have peripheral vertigo. The usual nausea and vomiting experienced in peripheral vertigo is very unlikely with central vertigo. Noticeable effects include clumsiness, weakness, and change in speech. Central vertigo is less common than peripheral vertigo, with most of the cases affecting the elderly.

Peripheral Vertigo

This is the more troublesome and common type. Peripheral vertigo usually occurs when the inner ear gets infected or damaged. You need to take care of your ears properly especially when the most common cause of peripheral vertigo is infection. The following are some of the common types of peripheral vertigo.

- Benign paroxysmal positional vertigo (BPPV) - the most common type. The symptoms include sensation of motion resulting from even the slightest head movement.

  This type of peripheral vertigo occurs when the inner ear and the brain gets confused. If the inner ear talks to the brain using a short wave radio, BPPV occurs when there's bad transmission. Simply put, they can't understand
each other. The inner ear tells the brain to move this way, but the brain misunderstood and moves the other way. Then the other ear, the one that has a clear transmission to the brain, shouts out another set of command which adds to the brain's confusion.

- Menieres disease - This is another inner ear condition that can cause peripheral vertigo. The disadvantage of having Menieres disease is that it affects both balance and hearing. Therefore you can't walk straight and you can't hear. It’s a very bad combination.

- Labrynthitis - Labrynthitis is usually the side effect of a viral or bacterial inner ear or respiratory infection. Another infection which causes vertigo and also can result to hearing loss and tinnitus is that ringing sensation you may experience as if somebody had hit you near the ear.

**SYMPTOMS OF VERTIGO**

When symptoms of vertigo begin to manifest, seek help right away. Symptoms include motion sickness, dizziness, sweating, nausea, vomiting, and generalized discomfort. It can also be accompanied by severe headaches, or quite abnormal ones, blurred vision, hearing loss, speech problems, weakness in a leg or arm, fainting, problems walking, numbness or tingling, and even chest pain or changes in heart rate. Anyone with recurring or severe dizziness should seek a doctor's diagnosis as this can be the result of much worse problems than vertigo.

Just a reminder - Don't get frustrated if your doctor does not diagnose vertigo right away. Diagnosing vertigo can be tricky since it has a number of possible underlying causes. Just bear with your doctor and be patient. It is not as easy as it seems. In fact, even if your doctor diagnosed you with vertigo, seek for a second,
third, and even a fourth opinion. This is because its symptoms can also be associated with other diseases and health problems.

**TREATING VERTIGO**

Treatment of vertigo is absolutely necessary. Although, it has been observed that the condition gradually improves over time, symptoms of vertigo can persist for weeks or even months. This can cause you a lot of discomfort.

Treating vertigo is dependent on a lot of things. You should look into the symptoms, the severity of the conditions or the symptoms, the medical history of you/the patient, general health condition, and of course the result of the physical examination.

When a person has vertigo the brain is simply not in its right “mind,” so to speak. Unable to correctly process the information that are being transmitted by the vestibular system, the brain overcompensates, resulting to uncoordinated movements of the body, loss of balance, and bad posture. What’s worst is that overcompensation can be accompanied by headaches, neck aches, muscle stiffness, and general fatigue.

The brain can even signal the body to do unusual things just to maintain an upright or stable position. However, because there is miscommunication, mistakes often happen. For instance, instead of moving the head, the brain would move the whole body and keep the head fixed. It’s because instead of relying on the actual mechanism of the body that controls balance, the brain will depend solely on what the eyes see and the signals sent by your muscles and joints. This can result to the creation of new patterns of movement like the example or some routine movements such as unusual hip movements or unusual ways of walking. It’s like you’re twitching, limping, and walking all at the same time.
When you think about it, vertigo can be really hard to deal with. But there's good news. You can treat it... through

1. Diet
2. Herbal medicines
3. Lifestyle Changes

There are also over-the-counter drugs and medical treatments available to treat vertigo. In fact, I have included a section about it at the latter parts of this ebook. Unfortunately, these drugs do not come without side effects. Some can result to sedation, dry mouth, dilated pupils, and impaired memory. Also, you should know that these drugs are usually taken on a temporary basis only. They are not recommended for long-term treatment of vertigo because they can damage other sensory centers of the body. You might be cured of vertigo, but the trade-off could be much worse.

That is why it is still better to rely on natural treatments as they have lesser side effects and of course are less expensive. Just because they are not "laboratory made and studied" does not mean that they are not effective. You can also be sure that not one whit of these natural treatments will harm your body because everything is taken from the natural environment. There are no chemicals. No artificial ingredients. You can take these on the long term. After all, you need to consider your safety and focus on treating your problem in the long term.

Still, if you find that the natural and alternative treatments that I have mentioned do not work for you, try the medical treatments by all means. You can even use them in conjunction with the treatments that I have outlined for you. Some
people find that combining alternative with mainstream treatments is more effective because treatment is holistically done. It's all up to what fits you. And you will only determine this by trying out the treatments and combining them with one another. So what are you waiting for? Read on and get well soon!

FORMULATION

*NOTE:* Built up toxins in your body can definitely hamper any formulation to have full efficacy. I have always suggested that you need to cleanse your body of these parasites, toxins and dried fecal mater in conjunction with any treatment. Washing and flushing your system increases your metabolic and digestive rate immensely. I have done some research on this and found some good natural colon cleansing products that can be useful.

*Here are some links:*

http://www.zefaril.com/

I have been researching Vertigo and its symptoms for a long time. I have seen good products that help with Vertigo come and go. Based on my research, I have determined that the cause of Vertigo is the primary target of attack. But I haven’t seen anything really work naturally at the primary cause.

This natural formulation is based on the nutritionally defeating your Vertigo. It is based on percentage of intake in a capsule format.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Percentage</th>
<th>Common Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ginkgo Leaf</td>
<td>45.00%</td>
<td>Ginkgo biloba</td>
</tr>
<tr>
<td>Ginger Root</td>
<td>45.00%</td>
<td>Zingiber officinale</td>
</tr>
<tr>
<td>Capsaicin</td>
<td>2.00%</td>
<td>Capsicum frutescens</td>
</tr>
<tr>
<td>Kelp</td>
<td>8.00%</td>
<td>Fucus vesiculosus</td>
</tr>
</tbody>
</table>
This is a capsule formulation and is based on a minimum 1000mg per day dosage. I suggest that you take 1 capsule in the morning with breakfast and 1 capsule in the evening before bed. It may be difficult to obtain a formulation that matches this description. You can find it here:

http://www.vertisil.com/

Understandably, my research also indicates another remedy that can be found in most grocery stores, health shops, and pharmacies.

At Home One:

Mix 1/8 teaspoon of cayenne pepper in a cup of warm water or a cup of soup and force yourself to finish it, even if you think it’ll finish you. It won’t. But it can have good effects.

At Home Two:

This is very simple, however, can be effective.

Black Tea and about two-three crackers can help tremendously with vertigo symptoms. At the onset of vertigo symptoms, you can brew any version of black tea very hot. Let it steep for about 10 minutes in boiling water. Take this as needed. Further, if you wish, brew a large amount and keep it in the refrigerator. You can warm it up when needed. Further, black teas are well known for weight loss benefits as well. Good Bonus!

At Home Three:

Take ½ teaspoon of ginger powder into 8 ounces of water and drink quickly. This easy formula has shown efficacy in a recent study.
Additional Natural Treatment 1: The correct diet

1. Avoid Foods High in Sugar
The fluid inside your inner ear needs to maintain a fixed amount of sodium, potassium, chloride, and other electrolytes in order to function properly. Everything depends on the fluid in your ears. It sounds a little strange but it’s true. Changes in your body's fluid or blood can affect the composition and volume of electrolytes in your inner ears. This is why you need to keep your body's fluid and blood balanced to avoid affecting your inner ears.

To keep it balanced, avoid foods and beverages that have high sugar content. Foods that are high in sugar can cause blood sugar fluctuations. This in turn can affect the stability of the fluid in the inner ear. You can dilute the effect of sugar in the body by drinking lots of fluids, especially during extra-hot weather. Fluids help restore the balance. So drink water instead of sodas, which is high in sugar. Another alternative is drinking fresh juices like carrot juice. This helps greatly in restoring the body's lost nutrients.

2. Avoid Caffeine
Some people immediately suffer from vertigo symptoms after drinking a cup of coffee. It’s because of the caffeine. Caffeine, found in coffee, tea, colas, and even chocolates, should be eliminated from your diet since caffeine has stimulating properties that can worsen vertigo. Caffeine also has diuretic properties, which make you urinate more, resulting to immediate loss of body fluids.

3. Stop drinking alcohol
Alcoholic beverages, even in small amounts, can cause temporary vertigo or induce vertigo-related symptoms. Alcohol affects the inner ear by changing the
volume and composition of the fluid in the ears. This can result to imbalances that often lead to vertigo attacks.

4. Amino Acid Tyramine
Tyramine is a natural occurring amino acid produced by both plants and animals. Large intake of the amino acid can cause migraines, which in turn can trigger symptoms related to vertigo. Foods that contain considerable amounts of tyramine are listed below. Avoiding or minimizing your intake of tyramine-rich foods can help solve persistent migraine or vertigo problems.

Reduce intake of:
- red wine
- chicken liver
- smoked meats
- processed meats
- yogurt
- sour cream
- bananas
- avocados
- eggplants
- figs
- herring
- most cheeses
- nuts

5. Measure your salt intake
Make sure your daily intake of sodium should not exceed 2,000 milligrams since anything more than that can disrupt the function of the inner ear. Too much salty
food can result to abnormal water retention in the cells, which in turn can affect the fluid in the inner ear.

Salt Diet              Ideal daily intake
Low salt diet          400 to 1000 mg
Normal salt diet       1100 to 3300 mg
High salt diet         4000 to 6000 mg

Also, junk foods and processed foods contain considerable high amounts of salt or sodium that is used either for preserving the food or making it tastier. It’s best that you try not to include these kinds of food in your diet. The same goes with pre-packaged food products, which contain MSG or monosodium glutamate. These products can increase the symptoms in some patients. For your snacks, it’s better to stick with fresh fruits.

The following are some foods that have high sodium contents.

<table>
<thead>
<tr>
<th>Food</th>
<th>mg of sodium per 100g of food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon, cooked</td>
<td>1,021</td>
</tr>
<tr>
<td>Bacon, canadian</td>
<td>2,500</td>
</tr>
<tr>
<td>Baking powder</td>
<td>11,000</td>
</tr>
<tr>
<td>Corned Beef</td>
<td>1,740</td>
</tr>
<tr>
<td>Dried f, dried</td>
<td>4,300</td>
</tr>
<tr>
<td>Bouillon cubes</td>
<td>24,000</td>
</tr>
<tr>
<td>Commercial Cereals</td>
<td>700 to 1,100</td>
</tr>
<tr>
<td>Wheat flake cereals</td>
<td>1,000</td>
</tr>
<tr>
<td>Processed Cheese</td>
<td>1,189</td>
</tr>
<tr>
<td>Parmesan Cheese</td>
<td>1,862</td>
</tr>
<tr>
<td>Chili powder w/ seasonings</td>
<td>1,574</td>
</tr>
</tbody>
</table>
Vertigo Secrets

Canned Crabmeat 1,000  
Crackers, saltines 1,100  
Green ad 2,400  
Pickles, dill 1,428  
Pork canned ham 1,100  
Potato chips 1,000  
Pretzels 1,680  
Salad dressing 700 to 1,300  
Frankfurter Sausage 1,100  
Bologna Sausage 1,300  
Tomato ketchup 1,042  

6. Watch the fats

Hypertension, anemia, cholesterol, and blood sugar problems can contribute or trigger symptoms associated to vertigo. Atherosclerosis or hardening of the arteries and high blood pressure can also directly or indirectly cause vertigo. This is another reason to stay away from foods with high saturated fat contents.

Minimize eating:
- Red meat
- Fried foods
- Fat dairy products

Instead of eating food rich in saturated fats, you should start including complex carbohydrates in your diet. Complex carbohydrates are better for you and can help maintain your blood sugar levels. Complex carbohydrates are found in vegetables, nuts, seeds, and grain.

Foods rich in complex carbohydrates:
Vertigo Secrets

- legumes (kidney beans, lima beans, navy beans, and split peas)
- rice
- potatoes
- corn
- carrots and other vegetables

7. Don't smoke
Stay away from smoking tobacco products because they contain nicotine, which constricts the blood vessels in the ear. This reduces the flow of blood and disrupts the proper balance of the fluid in the inner ear. Smoking also causes many other health risks.

Additional Natural Treatment 2:
Vitamins and Supplements

Sometimes eating the right foods and avoiding the bad ones is just not enough. Thus, persons with vertigo can take vitamins and minerals to complement their dietary intake. Most of the vitamins and supplements intended for vertigo target the improvement of blood circulation, increase brain activity, and relieve symptoms like dizziness and nausea.

*Essential*
A regular intake of antioxidants can help a lot in the body's blood circulation. Vitamin B complex also boosts the immune system while Niacin improves circulation and cholesterol balance. Studies have shown that a deficiency of vitamin B6 or niacin may cause vertigo. However, do not take niacin if you have a liver disorder, gout, or high blood pressure.
### Vertigo Secrets

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>What it Does</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dimethylglycine (DMG)</td>
<td>Raises the oxygen supply to the brain.</td>
</tr>
<tr>
<td>Vitamin B complex</td>
<td>Necessary for normal brain and central</td>
</tr>
<tr>
<td></td>
<td>nervous system functions.</td>
</tr>
<tr>
<td>Niacin (Vitamin B3)</td>
<td>Improves brain function and lowers</td>
</tr>
<tr>
<td></td>
<td>cholesterol.</td>
</tr>
<tr>
<td>Vitamin C and bioflavonoids</td>
<td>Antioxidants that increase circulation.</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>Enhances circulation.</td>
</tr>
<tr>
<td>Ginkgo biloba extracts</td>
<td>Improves microcirculation and blood flow.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>What it Does</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choline and Inositol and/or Lecithin</td>
<td>Helps increase brain function and</td>
</tr>
<tr>
<td></td>
<td>keeps arteries from hardening.</td>
</tr>
<tr>
<td>Coenzyme Q10</td>
<td>Aids in the circulation to the brain</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>Great antioxidants and improves immunity.</td>
</tr>
<tr>
<td>Zinc</td>
<td>Enhances circulation, promotes healthy</td>
</tr>
<tr>
<td></td>
<td>immune system, and regulates Vitamin E</td>
</tr>
<tr>
<td>Fish oil capsules</td>
<td>Contains omega-3 which helps reduce</td>
</tr>
<tr>
<td></td>
<td>inflammation, improves circulation, and</td>
</tr>
<tr>
<td></td>
<td>reduces blood pressure.</td>
</tr>
<tr>
<td>Vinpocetine</td>
<td>A periwinkle extract that improves</td>
</tr>
<tr>
<td></td>
<td>circulation to the brain.</td>
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</tbody>
</table>
### Beneficial

**Nutrients**

- **Brewer's Yeast**: Contains a good amount of B vitamins.
- **Calcium and Magnesium**: Said to help prevent dizziness and important in maintaining regular nerve impulses.
- **Melatonin**: Helps maintain balance.
- **Multivitamins and mineral complex**: Helps maintain balance of vitamins and minerals

### Additional Natural Treatment 3: Herbs

Around 25 percent of prescription drugs today come from extracts of herbs and plants. They contain naturally occurring chemicals which work like conventional antibiotics and other pharmaceutical products. Herbal medicine has been found to be good for treating chronic and ongoing diseases.

Going herbal is a recommended approach to treating vertigo. There are already a lot of studies that have been undertaken on the use of herbs for treating the condition. It is not surprising, though, that the medical community remains to be a skeptic on their use.

No overwhelming evidence has yet to be provided on the use of some herbs; that's why doctors do not recommend them outright. But there are some herbs and medicinal plants that can provide relief.

Among the most commonly suggested herbs for vertigo are Butcher's broom, cayene, chaparral tea, ginkgo biloba extract, ginger, and mistletoe extract.
Vertigo Secrets

1. Butcher's broom
- improves water retention and circulation. This herb is also known as Box Holly, Kneeholm, Kneeholy, Sweet Broom, Pettigree, and Jews Myrtle. It has been used for centuries. The herb contains flavonoids such as rutin, promotes blood flow to the brain, hands and legs, and has been used to alleviate inflammation from carpal tunnel, arthritis, rheumatism, and varicose veins, as well as keep the kidney and bladder healthy.

2. Cayenne
- often used to treat diseases of the circulatory system since it contains Alterative, Antispasmodic, Astringent, Blood Purifier, Carminative, Diaphoretic, Rubefacient, Sialoguge, Stimulant, and Vulnerary Stimulant properties. It is traditionally used as a circulatory tonic and has shown to be beneficial for patients with vertigo, promoting relief to some of its symptoms.

3. Chaparral
- a small shrub that has been used by Native Americans as a tonic for treating cancer, snake bites, infections, arthritis, tuberculosis, and venereal disease. Chaparral, when prepared as tea, contains nordihydroguaiaretic acids or NDGA. Various supporters are claiming that the tea has strong antioxidants which can prevent tumors from growing. The tea itself has also been claimed to prevent some of the causes of vertigo.

4. Ginger
- known to have lots of medicinal properties. This herb is not only good for your dishes, but is also traditionally used to relieve feelings of dizziness and nausea. You can feel the effects of ginger treatments in a matter of minutes. Some laboratory tests have even shown that the ginger treatments are more effective and longer lasting than some of the commercial drugs available today. Plus,
ginger remedies are also known to have no side effects unlike conventional medicines which have a number of side effects, some of which are drowsiness and blurred vision.

5. Feverfew
- shows promising results in addressing one of the main causes of vertigo. Feverfew extracts reduce inflammation processes within your inner ear and improves blood circulation. By increasing the amount of nutrients and oxygen reaching the parts of your inner ear responsible for maintaining balance, the healing process can be sped up.

6. Ginkgo biloba
- one of the most highly recommended herbal treatments for vertigo. It is one of the world's oldest living tree species and has been used in Oriental Medicine since ancient times. It has been used for respiratory ailments and for brain function. Ginkgo increases blood circulation to the brain. Aside from vertigo and dizziness, the extract from the leaves has been reported to help cases of dementia, Alzheimer's disease, memory loss, and concentration problems.

However, when taken the wrong way Ginkgo can be the cause of headaches itself. Ginkgo biloba's usual dosage should be 80 mg thrice daily. Also, the beneficial effects of the ginkgo herb are not instant. It can take up to eight or twelve weeks before the herb takes noticeable effects or before it starts to alleviate the vertigo condition.

7. Mistletoe
- cures stubborn headache and even migraine. It acts as a blood vessel dilator and tranquilizer. But mistletoe, although found to be effective for vertigo, should also be taken with caution. It contains properties that are heart depressants.
Just like any treatment, herbal treatments are not to be taken lightly. The usefulness and effectiveness of some of the herbs are undeniable, but should be used in the right way. Consulting with a doctor, an herbal doctor, or an herbal medicine specialist is necessary so you can know which herb you can use along with the proper preparation and dosage to take. Remember that though these herbs are all natural, it does not mean that they can't be dangerous when use incorrectly.

**Additional Natural Treatment 4: Changing one's Personal lifestyle**

Aside from watching one's diet closely and taking herbal medications, one way to avoid, lessen, or alleviate suffering from vertigo is to watch one's daily activities. Avoid, for example, activities that can affect the sense of balance. You should also avoid common triggers like stress, excessive exposure to the sun, exacerbation of hormonal changes, a weakened immune system, and effects of food.

1. Calculate carefully your daily activities. Sudden changes in the position of the body can induce vertigo. Likewise, extreme head movements like suddenly looking up, sudden turns, or twisting movements should generally be avoided.

2. Sudden body position movements also include stretching too much. Reaching out too far for an object is a bad idea because this could give unnecessary strain to the muscles, the inner ear balance system, and even the brain. This means that you have to store all your basic needs on accessible shelves. Also, when you need to get things that are up high on the shelves you should use ladders or stools. Likewise, avoid bending down too often when trying to pick up items on the floor or on the ground. This activity is bad for your vertigo as well.
3. Don’t sit up suddenly from a lying down position. When sitting up from the bed, do so slowly. Then sit on the edge of the bed for a few seconds before fully standing up. Do things slow and don’t rush them.

4. When lying down, rest your head on two or three pillows. Keeping the head elevated can lessen the risk of having a vertigo attack. Don’t overdo the pillows, since too high a stack can cause neck cramps. Also, when you have inner ear problems associated with vertigo, it is ideal that you know which ear is causing the problem. This way, when you lie down to sleep you can avoid the problematic ear and sleep on the other side instead. You can avoid adding pressure to the already damaged inner ear also.

5. Avoid any outside activities that can trigger any of the vertigo symptoms. This means you will have to stay clear of amusement park rides or any virtual reality games for a while. Not only do these activities already stimulate the same sense of dizziness and nausea, they can also easily trigger the real vertigo to attack, causing much pain and discomfort.

Sometimes, even with all the precautions that you take, vertigo will still be triggered by an unknown source. Once this happens, there is very little that you can do about it except deal with it and lessen the impact of the attacks. You can do this by modifying your living space so that you will have more room for movement and support. The following are some changes that you can do in your home:

1. Maintain a clean living environment. Get rid of thick carpets and get low-pile carpets. Consider installing wood floors since the shift could help you balance more while moving about your home.
2. Keep your walkways clean and well-lighted. Get rid of any clutter that can cause you to slip and fall.

3. Add handle bars to the shower or toilet just in case vertigo attacks while you're in the bathroom. These handle bars are things that you can cling on to should you ever need additional support.

4. Add anti-slip flooring or matting in areas where you are more likely to slip. This will make the areas safer and risk-free from vertigo attacks.

5. Learn to relieve stress by practicing various relaxation techniques. Take up yoga or better yet go on a vacation. If you can't relax, hire a professional therapist to help you.

6. Maintain an appropriate and regular exercise routine. Vertigo exercises include reclining, sitting up, or walking. One exercise routine that you can try involves turning a half-circle while you stand with feet slightly apart and arms by your sides. You will need to turn a half-circle and stop for 10 seconds. If you feel suddenly dizzy, wait until it subsides. This exercise should be repeated five times more and twice daily. This is one way to speed up the healing process and stop vertigo related symptoms.

There are a lot of things you can do to help treat your vertigo and prevent symptoms from coming back. You just need to be conscious of vertigo’s various triggers. Once you have determined them, make an effort to flush them out of your system. Some can be hard to avoid, as they are part of your daily routine. People who have vertigo generally avoid driving, for instance, because they are potential hazards on the road. If they get an attack while driving, a tragic accident could happen.
Remember that vertigo is a crippling disorder. Once vertigo attacks you’re often helpless from the dizziness and motion-like sickness. So the best thing is to prevent the symptoms from happening in the first place. If this means letting go of the things that you love to do, then by all means, do it. It is for your general well being.

**Additional Natural Treatment 5:**
**Other Alternative Therapies**

Aside from those mentioned, there are still a number of alternative therapies that can relieve one of the symptoms of vertigo.

1. **Acupuncture.**
   One of the more interesting alternative methods used to treat vertigo is acupuncture. It is said that a substantial improvement of the symptoms of vertigo can be achieved when ancient Chinese needle techniques are used. In fact, it has actually been suggested that acupuncture be used as an initial alternative therapy for vertigo. Acupuncture treatment involves a series of five sessions and the use of 16 acupuncture points.

2. **Aromatherapy.**
   The use of essential oils, in particular Tangerine (Citrus Tangerina), is effective in calming and sedating patients with vertigo. The essential oil also provides anti-inflammatory and anticoagulant properties. The aromatherapy sessions have also been proven to be a great help with anxiety, dizziness, and nervousness.

Other techniques that health professionals are testing include:
- Acupressure
- Ayurveda
CONVENTIONAL TREATMENTS

There are treatment procedures and over the counter drugs in the market that are made to treat Vertigo. But as I have I said, it is better to go natural as these products have fewer side effects. Still, these medicines and treatments are effective and can be a goldmine when it comes to healing vertigo symptoms.

MEDICINES

During severe attacks, some doctors prescribe these drugs to relieve a patient of his/her symptoms. Some over-the-counter and prescription drugs that may help are as follows:

- Dimenhydrinate (Dramamine)
- Meclizine (Dramamine Less Drowsy Formula)
- Diazepam (Valium)
- Clonazepam (Klonopin)
- Granisetron (Kytril)
- Hydroxyzine (Atarax)
• Promethazine (Phenergan).

Meclizine (Antivert) or dimenhydrinate (Dramamine); and Benzodiazepines like diazepam (Valium) or clonazepam (Klonopin) are Antihistamines. Meanwhile, granisetron (Kytril), hydroxyzine (Atarax), and promethazine (Phenergan) are Antiemetics and are used to control the nausea part of vertigo.

MEDICAL TREATMENTS

After diagnosis, what follows naturally is the treatment process. Through years of research and studies the medical community has already created treatment procedures that could help patients with vertigo. The following are some of the more common treatments being used today.

• Vestibular Rehabilitation Therapy or VRT - This therapy involves teaching the brain to recognize and process signals transmitted by the vestibular system and match these signals with the right information from one's vision, muscle, and skeletal systems. It re-trains the brain to get the signals right.

In a VRT treatment, a therapist will first perform the necessary evaluation before session begins. The evaluation includes observing the patient's posture, balance, movement, and compensatory strategies and noting any changes or particular behavioral patterns.

This therapy is not only used independently but is also used to supplement the recovery of patients who have had surgeries in their inner ear. Exercise and therapy techniques will hasten the recovery of the balance systems of patients.

• The Banality Repositioning Procedure or CRP – This is an effective treatment for benign paroxysmal positional vertigo or BPPV. The most widely used canalith
maneuver is the Epley maneuver after Dr. John M. Epley, the person who first described the process in a medical journal in 1992.

The CRP aims to minimize or eliminate the symptoms of dizziness in vertigo by means of calculated head movements or maneuvers. The main reason why people with BPPV feel dizzy is because of debris or small crystals of calcium carbonate that have gathered inside the inner ear. The calcium carbonate crystal remains are collectively called canalith and is actually a part of the utricle in the vestibule of the inner ear.

The CRP tries to maneuver the canalith from its current position to a place where it will not cause any symptoms of vertigo. The best place to move the canalith is to the semicircular canals. Once inside these canals, the canalith will not be able to send false signals to the brain.

• **Surgical Solutions for Vertigo** - If all else fails, the surgery option is still available on the table. There are, however, a lot of factors that need to be considered before surgery is even recommended or approved. The specific kind of surgery would also depend on the specific problem encountered by patients. Also, the medical and physical conditions of the individual are taken into account as well as the experience of the surgeon.

Some of the surgical procedures include:

• Mastoidectomy, which is the removal of the bone from the mastoid area located behind the ear.

• Labyrinthectomy, which is a procedure in which a surgeon removes the balance end organs in the ear. By removing the balance sensory organs, the brain no longer receives mixed signals from the parts of the inner ear.


**FINAL THOUGHTS**

Experiencing the symptoms of vertigo first hand can be confusing and downright scary. It’s only natural that you feel that way. That’s why it is important that you take time to learn everything there is to know about the condition. Knowing is half the battle! Below are some sites where you can find more information about vertigo.

Additional Readings:

- [http://www.nutritionalupdates.com/nutrition_for_vertigodizziness.htm](http://www.nutritionalupdates.com/nutrition_for_vertigodizziness.htm)
- [http://www.pccnaturalmarkets.com/health/Concern/Vertigo.htm](http://www.pccnaturalmarkets.com/health/Concern/Vertigo.htm)
- [http://www.vitawise.com/Nutritional_Healing/vertigo.htm](http://www.vitawise.com/Nutritional_Healing/vertigo.htm)
- [http://ph.answers.yahoo.com/question/index?qid=20070922151334AA1ifBh](http://ph.answers.yahoo.com/question/index?qid=20070922151334AA1ifBh)
- [http://www.aafp.org/afp/20050315/1115.html](http://www.aafp.org/afp/20050315/1115.html)

Be smart and don't take unnecessary risks. Keep a healthy lifestyle. Despite all the headaches, nausea and dizziness, maintain a happy disposition. Treatments and solutions do exist, so all you need to do is just hang in there, stay committed to your treatments, and you'll be fine.