

VERTIGO

A type of dizziness that makes a person feel a false sense of spinning or unbalance, particularly when changing positions. Some may also experience ringing in the ears, nausea & headache.

POSSIBLE CONTRIBUTING FACTORS



- Spine, cranial, or TMJ dysfunction
- Hyper or hypotension (high or low blood pressure)
- Damage or reduced circulation resulting in nerve damage
- Lack of exercise and sedentary lifestyle
- Chronic ear or sinus infections with resulting mucus
- Adrenal hypofunction (DHEA need) or hyperfunction
- Nutritional deficiencies: thiamine (vitamin B1), manganese
- Food allergy/sensitivity (typically gluten and dairy are the biggest culprits)
- Calculi in the vestibular canal (balance center of inner ear) called positional paroxysmal vertigo (BPPV)
- Mold and mycotoxin illness
- EMF sensitivity

LIFESTYLE & DIETARY RECOMMENDATIONS



- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Eliminate processed & refined foods, fried foods, vegetable oils, and hydrogenated/trans fats
- Drink sufficient filtered water & consider adding electrolytes or 'sole' from salt if appropriate
- Avoid caffeine and nicotine, and mucus producing foods like dairy and gluten
- Stress reduction measures: grounding, spending more time in nature, gratitude journaling, meditation, delegating tasks, saying 'no' more often, yoga, etc
- Consume more vitamin C rich foods; red bell peppers, broccoli, Brussel sprouts, strawberries, kiwi, etc
- Sweat daily; exercise or infrared sauna 3 x per week
- Focus on sleep hygiene
- If BPPV, perform the Epley maneuver, walk daily and work on balance exercises

SUPPLEMENT & OTHER CONSIDERATIONS



- Adrenal support formula
- Acupuncture
- Gentle manipulative therapy with a physical therapist, osteopath or chiropractor specializing in cranial sacral therapy
- If BPPV, sea sickness bands worn on wrists
- Homeopathic remedy i.e. Vertigoheel
- Voxx insole technology | Video testimonial | Independent study