

Natural Remedy for Vertigo Dizziness



**Get Wonderful Relief From Your
Debilitating Dizziness/Vertigo**

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This report is intended to share natural remedies that have worked for the author in curing her vertigo/dizziness problems.

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At Last - Relief From Your Debilitating Dizziness

**A Natural Remedy Solution That Is Sure
To End Your Vertigo For Good (it did
mine)...
WITHOUT
Medications that don't work,
Exercises that don't really help or,
Having to stay in bed until it passes...**

If you suffer from debilitating dizziness/vertigo then reading the following report will be a major turning point in your quest to get your life back....

Are you ready to discover a natural remedy that will actually put an end to your vertigo and give you your freedom back?

Here are some shocking facts you're about to learn about ending vertigo and why you shouldn't even think about using medications or exercises, until you read every single word on this report!

- 1) Almost everyone using medications and exercise for their vertigo fails to put a permanent end to their debilitating dizziness!
- 2) Why medications and exercises help only **TEMPORARILY**
3. There are home remedy solution that will end your dizziness for good...

Has this ever happened to you?

If your vertigo is not too bad you are able to somewhat get around but you have to touch the walls or something all the time to keep your balance.

But, once it becomes worse it does this to you.

You have to hold on to the door facing and the furniture just to get to the bathroom.

You have to stop what you are doing and lie down in the floor until you can stand enough to get to the bed (or, you may even crawl to the bed).

You are afraid to drive your car because you never know when you will have a dizzy attack. You have to pay other people to drive you where you need to go.

You can't go out to eat or shopping with your friends anymore. You have stopped going to church. You are losing a lot of days from work or you have lost your job all together.

If you live alone and don't have any family close by then it is a very frightening situation to be in. When your vertigo becomes debilitating you don't know how you are going to get by. You are the one who has always done everything for you. You work and earn money, you pay the bills, you maintain your car and your home, you take care of your pets and you start thinking about the fact that there is no one else to do all these things for you. Scary to say the least.

Your vertigo/dizziness leads to panic attacks and depression. You feel like just giving up on life.

You may have been to doctor after doctor. You have tried PT, counseling, some different meds and exercises that are supposed to help. You might get a little relief but not a cure.

Why Does This Happen? And Why Is It So Hard To Stop?

In this report we are not addressing the occasional lightheadedness but truly debilitating Vertigo/Dizziness.

What we are talking about is that feeling that your surroundings are moving when nothing is really physically moving.

This is when you feel as though you are spinning, whirling or falling. If your vertigo is very severe you may feel nauseated or actually vomit.

You most likely will have trouble walking or standing and you could possibly lose your balance or fall.

This may be something that used to happen to you occasionally and after a few hours or days pass. But now it has become worse and is sticking with you and really impacting your life in a very negative way.

In many cases Vertigo is caused by an inner ear problem or could possibly be some kind of eyesight problem.

Many people say they have a fear of heights and attribute that to their vertigo. However, a fear of heights only happens when a person is high up and looks down and vertigo is something that can occur at any time and last for a few hours, days or even years.

Vertigo can be caused by a problem with the brain, a problem with the nerves that connect the brain to the middle ear or a problem with the balance mechanisms of the inner ear.

There are several inner ear type problems that can cause vertigo.

- Labyrinthitis - may be caused by a bacterial or viral infection. Viral infections, such as the flu or a common cold can spread to the labyrinth, a system of canals and cavities within the inner ear which gives us our sense of balance.
- Vestibular Neuritis - the vestibule and the semicircular canals of the inner ear work with the brain to control balance. An inflammation of the vestibular nerve is termed vestibular neuritis. This inflammation often follows an upper respiratory infection. In this case one will experience vertigo but not usually have ringing in the ear (tinnitus).
- BPPV (benign paroxysmal positional vertigo) - the vestibular labyrinth includes semicircular canals that contain fluid and tiny hair-like sensors that monitor the rotation of the head. Crystals in the otolith organs (also in the ear) monitor movements of the head and its position. When a person is lying down it is possible for these crystals to become dislodged and move into one of the semicircular canals, causing sensitivity to head position changes. This unusual response to head movements can give a person symptoms of vertigo.
- Meniere's disease - is a dysfunction of the endolymphatic sac in the inner ear. People with this problem experience recurrent vertigo, in addition to tinnitus and loss of hearing in the affected ear, nausea, vomiting and abnormal eye movements.
- Head Injury - If you are experiencing vertigo or dizziness after a head injury then you should tell your doctor right away.
- Migraine - some people who suffer with migraines also experience bouts of vertigo.

- Acoustic Neuroma - is a benign tumor that develops on the acoustic nerve of the inner ear. And since this nerve is involved in helping us balance, people with this type tumor do experience mild symptoms of vertigo.
- Dehydration - may also lead to feelings of dizziness, lightheadedness and/or vertigo. This symptom is due to a drop in blood pressure.
- Medication - some medications may sometimes cause vertigo (salicylates, quinine and aminoglycosides).
- Osteoporosis - Scientists in Korea have reported that they have found that people with osteoporosis, a disease that lowers bone density, are also more likely to have vertigo. Dr. Ji Soo Kim stated "these findings suggest a problem with calcium metabolism in people with vertigo". "Women most often have their first case of vertigo in their 50s, when they are also having a drop in bone mass due to loss of estrogen" stated Kim, explaining that "estrogen is one of the main hormones that influence calcium and bone metabolism." Since men also get vertigo Kim suggests that other factors must also be involved.

If you have been trying everything from medications to exercises and nothing has been working for you then stop all that and use the following natural remedies.

No one understands what you are going through if they have never experienced vertigo/dizziness themselves. This includes all the doctors you are visiting.

I understand because I have experienced the same things you are going through.

I'm not a physician or a person with any kind of medical background. I'm just an everyday working person like you who was being severely impacted by vertigo.

When driving I would have to look straight ahead and very carefully and slowly look to the left or right for turning. I quit driving on the interstates all together.

One day while sitting at my kitchen table I became so dizzy I had to just lie down in the floor for a while before I could get up and make it to the bed.

I live alone, have to work for a living and have pets that depend on me to take care of them.

Even though I have had short bouts of dizziness in the past, a few years ago my vertigo had become really debilitating. Something had to be done for me.

Once I did the things I share with you below I got my life back. I drive without fear anymore. I move around and don't even think about the fact that I might get dizzy doing so. Getting your life and your independence back is a wonderful feeling!

Here's What I Did to End My Vertigo.

In the past when I had some rounds of Vertigo I tried both prescription and over the counter medications of ear drops to no avail.

I began to research a natural solution and found [Mullein Garlic Ear Oil](#). I order it online from [Amazon.com](#).



Here is one of the reviews on Amazon that states it's benefits better than I can:

"5.0 out of 5 stars **Dr. G. says "Don't be without Mullein/Garlic!"** May 3, 2008

By **Omega lady**

Size Name:1 oz

I first used Herb Pharm Mullein Garlic Compound when I got a middle ear infection a few years ago. The M.D. prescribed Cipro, which is what they use to treat Anthrax, for God's sake! I wasn't about to take something so powerful for a simple ear infection. As a retired chiropractor, I choose a non-toxic natural approach whenever

possible. Garlic is called "the Russian penicillin" because the Russian Army used it in WWII when they ran out of penicillin. No germs can live in garlic. This stuff is soothing and it works -- however, be aware that it will take considerably longer to work than antibiotics. There are, of course, absolutely no side effects, which is my main concern for any non-life-threatening situation. I will not be without this product for the rest of my life.
M.G., D.C. "

I would put a few drops in each ear and place a small piece of cotton in my ears for a few minutes until the drops had time to absorb.

Within a few days I would be much better.

I even used these drops on one of my older dogs that developed vertigo. I took her to the vet and he cleaned her ears and gave me a prescription of drops to put in her ears. After a few days when she was not much better I used the Mullein Garlic Ear Oil in her ears and within a couple of days she was back to normal and did not have the problem again before she died.

For me though, when I got older and developed a more long lasting case of Vertigo again the drops helped but didn't seem to completely cure my dizziness this time. My vertigo was much worse and much more debilitating this time.

I had gained a good bit of weight and was beginning to be very fatigued as well as having problems with my knees. The bad case of vertigo scared me and was my wakeup call.

I decided that I needed to quit abusing my body so much and start taking better care of me, instead of giving my time and energy to my job and my friends.

My friends didn't understand and really didn't care. They just wanted me to be my old self that gave a lot of my time helping them with all their problems.

I changed my diet and started taking selected vitamins and minerals that I had researched to be specific to the problems that I was having.

One problem was, of course, my still lingering Vertigo. Even though I started with some vitamins/minerals for belly fat, others to strengthen my immune system, etc. I added the following for Vertigo.

- **Ginger Root** - I take one 550 mg tablet a day. I am a firm believer that the amount of anything that one takes should depend on your body size. I am only five foot two and small boned. So, you may want to experiment with the amount that you take based on your body size. Here is a [link](#) to a website that shares with you the benefits of Ginger



Root and Vertigo. It also gives you some tips and precautions (such as pregnant, surgery, gallstones, etc.) You can get Ginger Root at your local health food store or from [Amazon.com](#).

- **Vitamin C** - I take a 1000 mg Vitamin C tablet once a day. I think Vitamin C is just good for whatever ails you and many others say that it alone cured their vertigo.

Here is the other thing I did. I had always taken some vitamins over the years. But, it would be hit and miss. I would get too busy and forget to take them for a day or two. Or, I would come in tired and decide I would just do that the next morning.

Like I said earlier I decided it was time to put my health first and take care of me. So, I learned to focus on what was good for me, be it food, vitamins, minerals, less stress or rest. Each day I would put my vitamins in a little bathroom cup and placed it by my computer. After I had lunch I would start taking them over the next hour or so. But, I would not leave anything un-taken in my cup for that day.

It is important that you take care of yourself **every day**, not just on the days that you feel bad.

Others, have said that drinking a lot of water and taking magnesium has helped their vertigo. Dehydration is a cause of

vertigo so if you think that is your problem you might try increasing your water intake.

I do take a calcium, magnesium and zinc tablet each day but did not add that with my vertigo in mind.

I can't say that I drink a lot of water but I do drink green tea and black tea throughout the day. I drink water but not what I would call a lot.

One of the things that I have read to stay away from is chocolate. I don't eat a lot but I do eat a few pieces of dark chocolate almost every day.

I tend to believe that unless you are allergic to something then most things are not bad for you if done in moderation.

My debilitating vertigo is completely gone and I have noticed that my problem with heights is lessened. Before now if traffic stopped and I happened to be sitting on a bridge over an interstate I would not be able to look down at the traffic flowing on the interstate below me. I have noticed that this is also no longer a problem. Things are more normal for me now than they have been since I was a teenager.

I encourage you to take time to consider your own lifestyle and what impact it may be having on your health. Are you over weight? Do you have a lot of stress? Do you eat or drink any one particular thing in excess. I have a friend who almost always has a coke in her hand. I'm not saying that cokes are bad for you but drinking one almost every waking hour can't be good for you either.

We can only abuse our bodies physically and/or mentally so long before it takes its toll on our bodies.

My vertigo did not disappear overnight, but it is now gone. I persistently took the Ginger Root and Vitamin C every day. I noticed that I was slowly getting better and then one day I suddenly realized that I couldn't remember when I had last been dizzy. Too this day I continue to take these two remedies and I keep a bottle of my Mullenin Garlic oil in the bath cabinet just in case.

Use these remedies to rid yourself of your own vertigo/dizziness problem but, in addition, look at your life and resolve to cure anything else that is draining your energy and shortening your life.

To your future happiness,

Rachel

P.S. If you are like me and need to work on more than just your vertigo then this information may also be of interest to you.



[6 Unusual Tips To Get A Flat Belly](#)



[2 Easy Tricks To Slow Down Junk Food Cravings](#)



[3 Common Foods When Combined, Will Burn Belly Fat](#)

FatLossFactor.com

