VERTIGO

CAUSES

- **Inflammation within the inner ear (labyrinthitis or vestibular neuritis). Usually this is caused by a viral or bacterial infection.**
- **Crystals in the Ears (see below to learn how to clear)**
- **Cranial bones misaligned. Craniosacral therapy or chiropractic adjustment may solve this problem.**
- **Fluid Imbalance (Meniere's)**
- **Virus can cause dizziness**
- **Parasites**
- **Tumor or cyst**
- **Anneurism**
- **Spine causing the problem**
- **Nerve problem**
- **Blood Clotting**
- **Low thyroid**
- **Clogged Arteries**
- **Clogged veins**
- **TMJ problem**

Once you identify the cause, you can usually clear the problem. eg. Parasites: do parasite cleansing; clogged arteries: do arterial cleansing; low thyroid: take supplements to nutritionally heal the thyroid such as iodine. If you take ibuprofen and the dizziness stops, you can guess that there was inflammation involved, perhaps from an infection so then you can take supplements or products to clear the infection. Having a catscan will determine if there is a tumor or cyst or anneurism.

- **Check that there is no stress in the neck, stopping the flow of blood to the ears and head. May need a chiropractic treatment.**
- **There may be calcium crystal deposits in the ear. Take 10,000 – 20,000 IU Vit. D daily with Vit. D2. Also take magnesium daily to help Vit. D assimilate.**

CLEARING CRYSTALS IN EARS

- **Try adjusting the neck by lying on the back, head hanging a bit over the edge of the bed. Turn to one side (the worst side) and hold. Then the other side and hold. Then roll over to that side and hold.**

OR

If your vertigo comes from your left ear and side:

- **Sit on the edge of your bed. Turn your head 45 degrees to the left. Place a pillow under you so when you lie down, it rests between your shoulders rather than under your head.**
- **Quickly lie down, face up, with your head on the bed (still at the 45-degree angle).**

The pillow should be under your shoulders. Wait 30 seconds (for any vertigo to stop).

- **Turn your head half-way (90 degrees) to the right without raising it. Wait 30 seconds.**
- **Turn your head and body on its side to the right, so you're looking at the floor. Wait 30 seconds.**
- **Slowly sit up, but remain on the bed a few minutes.**

If the vertigo comes from your right ear, reverse these instructions. Sit on your bed, turn your head 45 degrees to the right, and so on.

Do these movements three times before going to bed each night, until you've gone 24 hours without dizziness.

Exercise to Move Crystals in Ears: https://www.youtube.com/watch?v=1VWyPgfMuvM

Try self-accupressure:
https://www.youtube.com/watch?v=bL4An09nPg8