

# Vertigo

## What Is Vertigo ?

Vertigo is a type of dizziness that occurs when a person experiences an inaccurate perception of motion, like spinning, related to a dysfunctional vestibular system. Vertigo may cause symptoms like vomiting and nausea, as well as difficulty standing, walking, and balancing.

### Vertigo can be categorized into three types:

- 1. Objective:** A person senses that objects around them are moving.
- 2. Subjective:** A person feels like they are moving.
- 3. Pseudovertigo:** A person experiences intense rotation within their head.

Dizziness and vertigo are common medical problems that affect up to 30% of the population in people of all ages. Vertigo risk increases with age and may be two to three times higher in women. Vertigo is responsible for 2-3% of all emergency room visits.

## What Causes Vertigo ?

Vertigo may be caused by benign paroxysmal positional vertigo, Ménière's disease, vestibular neuritis, or labyrinthitis, as well as a vestibular migraine or concussion. Consuming too much alcohol can also cause feelings of vertigo. Childlike spinning games can trigger short-term vertigo by disrupting fluid inertia in the vestibular system, also called physiologic vertigo.

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**“I have suffered for some time from the effects of sub-enal aneurysm. The long-term effects I have suffered are vertigo and tremors. At one point, the tremors were so bad the doctors thought it was Parkinson’s disease. I have now suffered with these conditions for a long time and have tried Co Enzyme Q 10 and Pycnogenol, with limited success.**

**I was recommended by my pharmacist ‘Denis the Chemist’ to try Serrapeptase. After only 3 weeks at 3 capsules per day, I can honestly say I have never felt so good. My head is very clear, the tremor is going, and best of all, the vertigo has gone. I am really pleased that I can keep taking this for the rest of my life if necessary, and it cannot have any side effects. With grateful thanks.”**

**- Rodney S.**

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*Follow the Health Plan as recommended for the best results:*

## VERTIGO HEALTH PLAN

The following health plan is designed to provide relief for vertigo. By following the plan below, which includes a supplement regime and a naturally healthy lifestyle, it's possible to improve vertigo, so as to achieve overall good health in the long-term.

*Your 4-8 Week Health Plan, From My eBook, by Robert Redfern  
Supplements to support a healthy brain and mind - in order of priority:*

- **HealthPoint™** - Use daily on appropriate acupuncture points for best results. Treatment with HealthPoint™, an electro-acupressure device, has proved to be as highly effective as acupuncture in treating migraine/headache problems. The HealthPoint™ unit simply stimulates the body's own healing system, and it is effective over a vast range of related problems. Use daily for best results. **(See [www.dovehealth.com](http://www.dovehealth.com) for more information.)**
- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 minutes before eating a meal with water and then reduce to 1 x 3 after a good relief.
- **MSM+ Silver™ Drops** - Clears any ear infection that may be the cause of the problem. Take 4 drops in each ear, 2 times per day.