

Ménière's Disease

What Is Ménière's Disease?

Ménière's Disease is a very rare disorder affecting the inner ear. Its symptoms include vertigo, hearing loss, and tinnitus, as well as a feeling of deep pressure within the ear. People who experience Ménière's Disease usually have sudden attacks. These attacks can last on average for around 2-3 hours, although it can take a day or so for the symptoms to completely disappear.

Ménière's Disease actually progresses through different stages: In the early stages, people can have sudden and rather unpredictable vertigo attacks, followed by nausea, vomiting, and even dizziness.

In the later stages, the vertigo will appear less frequently and can sometimes stop in around 5-10 years. However, the tinnitus can usually become worse and may cause permanent balance problems.

What Causes Ménière's Disease?

The exact cause of Ménière's Disease is unknown, but it's thought to be mostly triggered by deep pressure within the ear. The chances of developing Ménière's Disease include having a family history of the condition or a chemical imbalance of fluid within the ear.

Ménière's Disease FAQ

Q: I have been diagnosed with Ménière's Disease, and I'm wondering what can help to treat it? I tend to have vertigo most days, and the feeling is horrible. I also get dizziness, and sometimes it makes me feel nauseous, and I end up vomiting. It's not a pleasant experience, and my doctor doesn't seem to know what to do with me. Please help...

A: I recommend 1st Line Immune Support Kit, which contains thiocyanates that can fight unwanted bacteria and help to clear the infection. Serrapeptase can also help to relieve inflammation, while Nascent Iodine will support the immune system. Follow my Ménière's Disease Health Plan for more details about what can help you to heal and find relief for this condition.



"I tried the Serrapeptase as you suggested and I've been very impressed. No more dizziness and the symptoms of my vertigo are reducing drastically. Thank you for all of your advice and recommendations..."

- John, Lincolnshire



Follow the Health Plan as recommended for the best results:

MENIERE'S DISEASE HEALTH PLAN

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements for ear, nose and throat health - in order of priority:

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **Serranol** - SerraEnzyme, Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal. Take with water and reduce to 1 x 3 after a good relief. Clears any inflammation, mucus and scarring.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **HealthPoint™** - Treatment with an electro-acupressure device has proved to be highly effective in relieving Meniere's. The unit will also instantly relieve any associated symptoms. **(See www.dovehealth.com for more information.)**
- **GlycoBoost** - Glyconutrients and L-Glutamine. Take 2 teaspoons per day for 30-60 days. GlycoBoost can restore the digestive tract.
- **D.I.P. Daily Immune Protection** - Take 1 capsule, twice daily with food. Protects against infection and maintains a balanced immune system.
- **Prescript-Assist - 29 Super Strain Probiotic** - Take 1 capsule x 2 times a day (can be opened and mixed with food), and then for maintenance at the rate of 1 every 3 days. This is the next-generation, clinically-proven vegan probiotic supplement which solves major problems plaguing other probiotics. It helps to maintain a healthy GI tract, provides intestinal support for IBS and IBDs, as well as intestinal support for antibiotic induced and travellers' diarrhea. It can also assist in regulating bowel mobility and fortifying the gut's immune system. **(See www.Probiotic29.com/studies.)**
- **Active Life Capsules** - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.

Other Recommended Products

- **Relaxwell** - Take 1 capsule, 3 times daily. Gives powerful relaxation support for those suffering with anxiety and depression.