



**SO YOU ARE BOTHERED BY
DIZZINESS?**

VERTIGO? MENIERE'S SYNDROME?

**THERE ARE TREATMENT
ALTERNATIVES...**

The terms **dizziness** and **vertigo** are used to describe variations in the postural unsteadiness sensation that the patient may feel, such as the possibility of fainting, unsteady gait to the point of needing to hold on to some surface, nausea perhaps, and other sensations that most of us have experienced at one time or another.

Vertigo is considered a type of dizziness, usually added if the patient feels that the room is spinning around him or her. The term **syncope** is often used as a type of dizziness that suggests the patient feels as though they will pass out. The patient may also have vision disturbances, in-coordination of his/her movements, and feel as though he/she may vomit.

Anyone that loses their balance and has symptoms to varying degrees of severity, can easily be diagnosed as being dizzy. If you have ever gone to a circus or carnival and taken a ride on some attraction that spins you around, you are well aware of the symptom referred to as being dizzy. Prolonged episodes of these symptoms are indications for evaluation and treatment.

There may be serious causes of prolonged occurrences of these symptoms, ranging from injury to the skull, heart problems, strokes, and so forth. Dietary problems such as Low Blood Sugar (**See Hypoglycemia in this text**) may cause dizziness or vertigo symptoms, since the brain ceases

to function well, *when the blood sugar gets too low*. Consider also, any medications that you may be taking as possible causes of your dizziness.

Problems with the inner ear are frequently thought to be the cause of prolonged episodes of dizziness. Clinical experience suggests that irritated nerves due to spinal problems easily diagnosed by a chiropractic doctor, *are the main causes of these inner ear difficulties*. Meniere's disease is a condition causing the same symptoms, and this condition is classically related to the inner ear. A French physician is credited with attaching his name to the ailment. This condition also responds well to spinal adjustments, since restoring the nerve control to the inner ear enhances it's function markedly. **Meniere's disease** may also result in hearing loss and a ringing sensation in the ear called "**tinnitus**." Meniere's disease usually is described with the following symptoms or some variation:

Periodic occurrences of "vertigo or dizziness."The patient may feel like the room is spinning.

Episodes of hearing loss that gradually worsen with the passage of time

Ringing or buzzing in the ears, called "tinnitus"

Pressure or fullness in the ears

POSTURAL HYPO-TENSION... LOW BLOOD PRESSURE OCCURRING AFTER AFTER STANDING UP QUICKLY... ANOTHER CAUSE OF DIZZINESS.

A common cause of dizziness, that is short of some of the more serious causes involving blood supply to the brain, head and neck injuries, heart problems, etc., is referred to as "**postural hypotension**." If you become dizzy when you stand up quickly, the cause is generally a sudden drop in blood pressure, resulting from *gravity forcing much of your blood down toward your feet*.

Jet pilots wear special cuffs on their legs that inflate when they face heavy gravitational forces in maneuvering their airplanes. These cuffs inflate automatically and prevent the blood supply from dropping to the legs and starving the brain for oxygen. Thus, they are less likely to suffer with dizziness or pass out. Ask your chosen health practitioner to perform the following test on you.

RAGLAND'S PROCEDURE (See Appendix)

Have this doctor or assistant take your arm blood pressure, after lying on a flat table for about two (2) minutes. Then have him/her take the blood pressure **immediately** after you stand up erect, **being careful that you do not pass out** . This test is called **Ragland's sign**, named after a Dr. Ragland. *The standing blood pressure should be the same or higher as the blood pressure was when you were lying on the table*.

If the pressure drops below the values obtained while you were lying down, you can then be diagnosed as having **postural blood pressure problems**, which causes your dizziness. This is generally caused by poorly functioning **adrenal glands**.

When you stand erect, small "receptors" in the major arteries to your brain called "carotid arteries," sense a drop in pressure due to gravity. It signals the adrenal glands to produce more of certain hormones to automatically increase the pressure in those arteries. Since you do not have inflatable cuffs around your legs, and the adrenal glands are not functioning properly, blood drops from your brain and you get dizzy. You may

pass out completely. Low blood pressure in our everyday life may of course, cause dizziness as well.

This is a very common problem in this country today, and just as commonly overlooked by physicians. Most medical physicians consider high blood pressure as the only problem of concern. Low blood pressure varies from patient to patient, but the common opinion that the lower your pressure is, the better it is for your health, *is not true*. **If you have problems with your adrenal glands, here are other symptoms you may experience.**

A checklist of signs and symptoms suggestive of poor adrenal gland function.

- | Yes | No | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | If you are a man, do you have any hair on your chest? No hair on your chest, often suggests that your adrenal glands are functioning below par. Certain ethnic peoples have varying hair distribution, so that does not always apply. |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have brown pigmented spots on the backs of your hands, side of your face, or other parts of the body? These are common indicators of poor adrenal gland function. |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have hair on the outside of your legs? No less an authority than Hans Selye, M.D., suggests no hair on the outside of your legs, means that you have weak adrenal glands. And you thought your pant legs wore off that hair. |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have low blood pressure? Less than about 110/80? Poorly functioning adrenal glands cause low blood pressure. So low in fact, that when some people stand up quickly, they may get dizzy and fall over. |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you a big-salt-eating fan and crave salty foods? That is a classic reaction to poor adrenal glands. Would you believe some patients may put salt on pretzels and bacon to help support their sagging adrenal glands? Pickles and olives also are common foods craved by these people. |
| <input type="checkbox"/> | <input type="checkbox"/> | Does cold weather bother you, or cold water pools? Hot weather is tough on some of these people as well, but heat is far better than cold. That is why moving to the American Southwest-warmer climate- helps so many <i>allergy</i> patients... and arthritics! |
| <input type="checkbox"/> | <input type="checkbox"/> | Does stress really bother you? People with poor adrenal gland function have difficulty with stress and are commonly mild-mannered. They are also generally very intelligent. |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you get the flu often? Patients with weak adrenal glands get the flu often, and colds, and of course are subject to allergies. Rheumatoid arthritis or fibromyalgia is also common. |
| <input type="checkbox"/> | <input type="checkbox"/> | Would you describe yourself as experiencing chronic fatigue, depression, emotional instability; would you rather eat sugar and chocolate than any other foods. Is pasta important on your diet? Anything that is quickly digested, is desired, because of a need for quick energy. |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you sleep ten hours and need two more, and that doesn't help much either? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you been told you have low blood sugar or "functional hypoglycemia" and suffer with headaches? |

SYMPTOM CHECKLIST FOR LOW BLOOD SUGAR (Functional Hypoglycemia)

If you do not eat for several hours, or all day, will you have/be:

- | Yes | No | |
|--------------------------|--------------------------|---------------|
| <input type="checkbox"/> | <input type="checkbox"/> | A headache? |
| <input type="checkbox"/> | <input type="checkbox"/> | Depression? |
| <input type="checkbox"/> | <input type="checkbox"/> | Really tired? |
| <input type="checkbox"/> | <input type="checkbox"/> | Irritability? |
| <input type="checkbox"/> | <input type="checkbox"/> | Nervousness? |

Will any of those symptoms go away when you eat?

- | Yes | No | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | A headache? |
| <input type="checkbox"/> | <input type="checkbox"/> | Depression? |
| <input type="checkbox"/> | <input type="checkbox"/> | Really tired? |
| <input type="checkbox"/> | <input type="checkbox"/> | Irritability? |
| <input type="checkbox"/> | <input type="checkbox"/> | Nervousness? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have migraines or any kind of headaches? |
| <input type="checkbox"/> | <input type="checkbox"/> | Will your headache sometimes go away after eating? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you often wake up with a headache? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you crave sugar and suffer from some anxiety until you eat some?? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do they have asthma, emphysema, rheumatoid arthritis, low blood pressure, allergies, ulcers or insomnia?
(These conditions, and many others are commonly made worse by low blood sugar "attacks.") |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you depressed frequently? Have panic attacks or anxiety? Temper tantrums? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you crave and drink lots of sodas throughout the day? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you often experience insomnia or awaken at 2:30 AM without good reason? (Not just the bathroom urge). |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have dizzy spells? |
| <input type="checkbox"/> | <input type="checkbox"/> | If you overdo with sweets, will you get a headache later the same day, or the next day? |

Some physicians still labor under the assumption that eating sugar is the correct course when treating this condition. Nothing could be more **incorrect**. Even honey will tax the glucose handling mechanism of the hypoglycemic. Elimination of as much sugar as is possible from the diet along with most fruit or certainly fruit juices, is a beginning early step in attacking this condition.

Blood tests by way of a 5 to 6 hour glucose tolerance test (GTT) can be a definitive aid in diagnosing the condition.

A **Glucose Tolerance Test** is done by having the patient drink a measured amount of glucose (sugar), then checking the level of blood sugar each hour for 5 or 6 hours. Checking the level each 15 minutes is more accurate, as blood sugar "swings" occur very rapidly for some patients, and hourly tests may miss critical indicators. Six hour tests also may show a blood sugar "drop," but many labs do not wish to test the 6th hour. They

will then miss this blood sugar “drop” and may provide incomplete information to your physician.

Expertise in interpretation of the results as well as implementing the test itself, are critical and frequently neglected factors. A properly run “hair analysis” as recommended in this text, will also tell you if you have the condition, and the Glucose Tolerance Test is a trauma to anyone, not to mention a child with this condition.

There are two major situations that can cause the typical low blood sugar “drop” in one’s blood stream.

1. Not eating at regular meal times, i.e., going without food for more than 3 or 4 hours at a time,
2. Eating something that is especially sweet, such as the forbidden fruit as mentioned, as well as candy, ice cream, chocolate, and sugar of any kind or description.

Excessive use of caffeinated coffee, teas, and smoking (adults) can hinder blood sugar stability. Minimal amounts are acceptable, but if you find yourself unable to “get going” in the morning without several cups of caffeinated coffee or tea, you need to stick closely to this program and cut down on these drinks. These are not often used by children of course. You should not use cream in coffee or tea.

The brain and body’s cells need this glucose/sugar for energy production. When this sugar is not available to each cell, many symptoms, minor or severe, may appear. Actual mental illness can result in extreme cases. Eating food at this time usually resolves the difficulty, and the patients’ symptoms abate. You should avoid eating any food or beverage that is excessively sweet, that may trigger an insulin secretion from the pancreas.

Due to the huge amount of sugar consumed in this country, “insulin sensitivity” has occurred, and this excess secretion of insulin occurs with substances that are too sweet, or when the patient goes several hours without eating.

Dr. George Watson, in his textbook “**Nutrition and Your Mind,**” offers other scenarios to this low blood sugar problem. Watson describes many individuals who are “**slow oxidizers.**” The metabolism in these individuals is so slow/depressed they never seem to elevate their blood sugar to a healthy level. They will thus experience chronic symptoms of “low blood sugar.”

He then describes “**fast oxidizers**” who literally “burn their food up so fast” they commonly experience the state of having less than normal amounts of this blood sugar, and suffer from the same symptoms.

Obtaining the recommended hair mineral analysis (See “Oxidation Rates” in the Appendix) will identify which type of “oxidizer” you are, and the steps to come back to normal. The oxidizer types are often referred to as fast or slow “**metabolizers.**”

THE EPLEY™ HEAD POSITIONAL MOVEMENTS FOR BENIGN VERTIGO.

Inside the inner ear are many thousands of *hair-like cells* called “**cilia.**” As the patient moves, these cells move slightly in response to position changes. When the patient bends his/her head, these hair cells move in response to the head position, thus allowing the brain to recognize where the center of gravity exists at that time, and maintain any position without becoming dizzy. If your head is upright and facing forward, and those hair-like cells are tilted to one side or the other, the brain becomes confused, and you become very dizzy.

Dr. Epley has concluded that small calcium crystals (called **otoliths**) can interfere with this mechanism by falling off of inner ear parts, disturbing the position of some of these hair-like cells, thus sending confusing signals to the brain. This also helps explain why head-injury of some type is common with patients suffering from **vertigo**. The injury may dislodge some of these calcium crystals, and displace those **cilia**.

The altered signals to the brain then result in the type of dizziness referred to as **vertigo**. The treatment procedure recommended by this physician is easy to perform, harmless, and works quite well, when the cause is "**benign,**" as described above. It will **not** work if some major diseases are the cause, or the cause is the mis-alignment of the vertebrae in the neck as described below.

These patients are likely **slow oxidizers**, (See Oxidation rate, Slow Oxidation) as determined by the recommended hair mineral analysis. Increasing the metabolic health of the patient could enhance repair of the areas, and perhaps prevent further occurrences of dislodged "otoliths." Long term resolution of this problem could be aided by following the recommendations of the hair analysis.

Here's how this Epley™ procedure is done:

Your practitioner will have you sit on an examination table, so that when he assists you in lying down flat on your back, your head can be gently lowered **below the level of the table**. If you turn your head about 45 degrees to the left side at this time, and **do not have** this vertigo sensation, or do not have unusual eye movements (called **nystagmus**), the doctor will have you sit up and then repeat the procedure turning your head to the opposite or right side, again, about to the 45 degree position. If you again do **not** experience symptoms, the procedure is stopped, *since the ailment will not respond to this type of treatment*.

If you experience symptoms with your head in either of the 45 degree rotated positions, your chosen health practitioner will wait until the symptoms go away-about 15 seconds or so. Then, the doctor will have you turn your head 90 degrees to the opposite side, and help you turn on that side -lying on the opposite shoulder. He will then have you turn your head even further towards that side, until you are almost looking straight down to the floor. He will help you hold that position until the symptoms go away, and then raise you up to a sitting position, with your head looking straight ahead **initially**, and **then** down towards the floor.

All of this maneuvering is designed to move these small calcium deposits out of the *ear semi-circular canals* into the lower chambers of the inner ear where they will not cause symptoms.

If moving the head in those positions as described *does* cause the vertigo symptoms, the ailment usually is relieved substantially by the described maneuver. Several of these treatments may be necessary at the same visit, and subsequent visits over the next several days.

Your chiropractic doctor will also examine you for a very specific mis-alignment of one of the vertebrae in your neck. The spinous process of the 3rd cervical vertebra commonly moves ever so slightly upwards toward the head, and causes most dizziness problems. He will very, very gently push the tip of this vertebrae downward and that frequently solves the problem. Your practitioner **will likely know the procedure**.

If you can't find a local physician who knows how to carry out this **Epley™ maneuver**, consider giving your primary physician or local **otolaryngologist** the information for ordering the professional videotape course regarding "**The Epley Maneuvers.**" This course covers diagnosis and treatment in detail. You may also find information on the Web.

REQUIRED

SPINAL ADJUSTMENTS TO RELIEVE "PINCHED OR IMPAIRED NERVES" IN THE SPINE

We strongly urge you seek out a chiropractic doctor; discuss your situation, and adhere to this care provider's recommendation. Ordinary chiropractic spinal adjustments alone, commonly resolve most health problems, and **always** enhance your health and well-being. Sometimes other treatments are necessary, but this first step is the most effective approach to most health problems.

Spinal adjustments are done to make sure the nerves from the brain and spinal cord are clear of any interference that might result in less nerve control going to parts of your body. Even without back or neck pain, you may have significant impairment to proper nerve functioning.

Please be aware, that others in your life, including your regular medical physician, may attempt to discourage you from seeking this kind of care. Their intentions may be sincere, but they are likely mis-informed. There are rarely any reasons for not having spinal adjustments, and any potential side effect is extremely rare, compared to the side effects so common with medicine and surgery.

Allow chiropractic care a reasonable time period for correction of your ailment. This may require weeks of care. It may pay dividends in health. **Most dizziness symptoms respond quickly to spinal adjustments.** It should always be the first step for you, when you experience dizziness.

DO PROPER FOOD COMBINING AS BELOW:

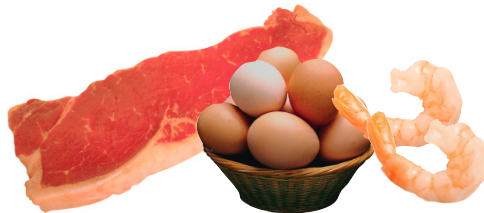
Proper food combining principles enhance digestion times significantly. Studies suggest that improperly combined food in the stomach markedly slows and impairs digestion. This results in significant delay to the food breakdown, which then becomes a toxic burden to the remainder of the intestinal tract. We urge that you adopt this preferred way of eating!

FOOD COMBINING PRINCIPLES

Column 1

PROTEINS

Meat, cheese, eggs, fish, shrimp, poultry, milk, butter and yogurt



Column 2

VEGETABLES

Salads of lettuce, spinach and vegetables of most kinds



Column 3

REFINED CARBOHYDRATES

Flour products, breads, pasta, cereal, grains, plus rice, croutons, and even potatoes.



GENERAL RULES: Never mix Column 1 with Column 3

Column 1 (proteins) **OR** Column 3 (carbohydrates) can be mixed with Column 2. (vegetables-neutral)

If you eat proteins or starches, wait at least 3 hours before you switch food "types."

Sandwiches, (bread with meat) should not be eaten.

ADDITIONAL DIETARY RECOMMENDATIONS

We suggest eliminating these items from your cooking or eating.

Eliminate white sugar and white flour, as much as is possible. Cut out sodas, potato and corn chips!

Eliminate fried foods (high temperatures destroy vitamins and alter cooking oils, which is potentially harmful to your body).

Eliminate pork from your diet, other than *occasional* crisp bacon

Eliminate margarine from your diet and *aspartame*!

Avoid micro-waved food.

Avoid Teflon™, aluminum & copper pots and pans (Porcelain, glass or stainless steel are best)

Slow oxidizers should eat less fat. (See your hair analysis report)

We do not recommend soybeans or soybean products, because of copper content.



Follow these additional recommendations:

You should not use cream/milk in coffee. No citrus with milk or cereals.

Eat fruit alone. Eat melons alone. Eat apples alone. Do not eat fruit with vegetables!

Eat roughly three above ground vegetables to each vegetable that grows below ground.

Raw vegetables are best. Carrots should be cut up fine or cooked slightly

Fast oxidizers should eat more good fats (See your hair analysis report)

Nuts of all kinds, **dry roasted or raw (no additives)** are good food sources.

Raw almonds are special foods and are *said to prevent cancer, eaten every day!*

Good fats include olive oil, flaxseed oil and fish oils.

Protein meals with vegetables, maintain good levels of blood sugar, since the digestion time is longer, *vs rapid absorption and use of blood sugar*, with sweets and carbohydrates. This may cause a blood sugar **"drop."** (See **Hypoglycemia in this text**)

The purpose of this section is to minimize any foods that may negatively affect your body's healthy functioning. Energy saved by eating properly, is energy that can be used to heal other ailments in the system.

Accordingly, eliminating **"nightshade vegetables,"** such as potatoes, tomatoes, eggplant, peppers and paprika is also appropriate. Tobacco is also of the nightshade family, and should be eliminated or markedly curtailed in your use. Tomatoes include sauces and ketchup. Green tomatoes-picked before ripening, can be very hard on your well-being!

ASK YOUR PRACTITIONER IF HE/SHE WOULD RECOMMEND THESE ADDITIONAL SUGGESTED THERAPIES.

HAIR MINERAL ANALYSIS

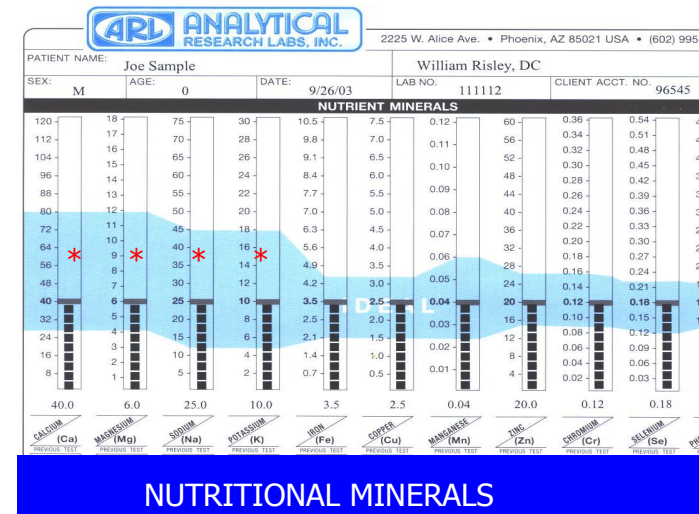
One of the most effective, non-invasive tests, to assess your health is a mineral analysis of your hair. Head hair is preferred, but bleached hair is not acceptable until enough new growth is available. A "hair analysis" is non-invasive, does not hurt, is inexpensive, and provides an accurate picture of nutritional minerals in your body as well as toxic or poisonous minerals such as lead, mercury, arsenic, cadmium, aluminum, etc. The analysis can be very revealing and helpful in regaining your health.

You must obtain this test through a licensed physician. Ask this doctor to procure the necessary materials to perform this important test. A specialist in alternative healing is your best possible choice, including chiropractic and naturopathic physicians. You must insist that he/she obtain your test from only one laboratory. Many laboratories treat the hair with an extensive "pre-wash," and this has been shown to seriously affect certain nutritional minerals, such as sodium, magnesium, calcium and potassium. A test by any other laboratory will be of little or no value **IN THIS TREATMENT PROGRAM**, and specific nutritional recommendations will not be provided. The recommended laboratory is:

**Analytical Research Laboratories
P.O. BOX 37964
Phoenix, Arizona 85069-7964**

Your practitioner may call the laboratory at 1-800-528-4067, and ask for "Department R" for additional information or a personal consultation. The author of this text is a consultant to this laboratory. The laboratory may also help you locate a local doctor that commonly has this analysis performed. You may call 1-800-528-4067 (*This test is not available in New York.*)

An extensive, multi-page report will be completed and sent to your doctor, with advice on mineral findings, and nutritional recommendations for your health concern.



DETOXIFIED IODINE

Have your chosen health practitioner obtain a product called "**Detoxified Iodine,**" an **iodine** solution. It is available from two sources as noted in this text. The usual recommended procedure is:

Take drops only of this product in ½ glass of water, on an empty stomach! Mornings are best, ½ hour before eating, or 1 hour after eating. Use the following schedule:

Take 1 drop in a glass of water on an empty stomach, each day, for 5 days.

Then take 2 drops of the iodine substance in a glass of water, for 5 days,

Then 3 drops for 5 days, 4 drops for 5 days, working your way up to

5 drops in a glass of water, for 5 days. **Then stop for 5 days.**

Repeat the cycle as above for another time period of days as described.

This cycle 4 - 5 times per year would be very helpful.

Symptoms you may have which will suggest **your cutting down** the dosage, would include low physical energy or even too much energy; your mind may be “racing,” or perhaps you have some headaches. Your appetite may be increased dramatically! **When the thyroid is energized adequately, you may experience a tendency to be somewhat “overcharged” in energy, at which time you should reduce your number of drops per day until you feel more stable!**

You should not indefinitely use this product, as it is designed to “recharge” the thyroid, so that it can work better on its own. It also balances other endocrine glands in the body. Should you experience a slowdown in your energy, you can repeat the dosage for other periods of time as **recommended above. A common sign which will suggest stopping for a period of weeks, is noticing much less need of sleep.**

For children and pregnant women, the best use is to massage 1 or 2 drops daily, on the skin at the back of the patient’s hand. Two or three weeks in a row is best, stopping for the same time period.

Your practitioner can order this product from:

**www.lodinesource.com
1 (407) 965-9903**

DRINKING WATER INTAKE

Drinking water of quality is difficult to obtain. Bottled water purchased in grocery stores is often labeled **PWS**, which is a cleverly disguised statement that the water is obtained from “Public Water Supply,” the same as you are drinking from your tap water at home. It is convenient, but expensive, and is unethical. Much of the water we consume today is polluted with many, many chemicals and drugs. Reverse osmosis water (R/O) is an improvement, but the process removes most minerals that are important for health, such as calcium and magnesium, plus others. Distilled water generally has most of the minerals removed.

R/O water is probably a good choice, providing you have had a hair mineral analysis performed as recommended, so that you can monitor your calcium and magnesium status, along with other minerals. Most of our water comes to us through copper water pipes, and if the water tends to be less alkaline, copper is leached from the pipes and is then taken into your body. It tends to have negative effects for your health.

Lacking a guarantee of high quality water, obtaining spring-fed-water from a reliable distributor is your best bet, with reverse osmosis water being next in line. Do not ever drink artificially softened water, because of the sodium content. The manufacturers of the equipment will deny that sodium laced water is a health hazard, but their job is to sell water processors, not promote health. Do not accept these comments from soft water equipment companies that use sodium for the chemical process.

Potassium-fed water softeners can be just as harmful to drink from! Having decided on the safest, healthiest supply available, increase your intake to at least 6 to 7 glasses per day. It is an aid at detoxifying the body. Caffeinated coffee or tea should not be considered water intake to reach your 6 - 7 glasses per day.



IF YOU HAVE LOW BLOOD PRESSURE:

If you have a history of low blood pressure-110/70 or lower, take **Homeopathic Liquid Adrenal Support**. Your doctor can provide this product for you, or most health food stores stock this product under the company name of **Natra-bio**. An eye dropper-full, under your tongue, twice daily is very helpful. If you take it close to bed time, it may keep you awake, so try to take the dosage in the morning or early afternoon. After 30 seconds under your tongue, you may swallow it or spit it out. (See Ragland's postural blood pressure sign as noted in this section and in the Appendix.)

EXERCISE

Physical exercise is desirable for maintaining physical and emotional well-being and may be helpful for most ailments. Most diseases affecting the human body result when the immune system and general metabolism are stressed to the point of severe energy depletion. An appropriate response requires energy, and in fact may be energizing in itself. Frequently, the patient lacks the strength or desire to perform any type of treatment and any exercise that overworks or over stresses the body, especially the adrenal glands, can impair the patient's recovery. Moderation is the key when planning and carrying out an exercise regimen.

The term "runner's high" is fairly well known, and when the runner pushes himself, the adrenal glands respond to help the situation. The runner has a sensation of being "high." Such a procedure, unfortunately, affects the well being of the patient in a very negative manner. It is akin to the other old saying such as "whipping a dying horse." One more burst of energy, but the horse may die, or the patient may worsen from the effort.

Walking, *for the pleasure of walking*, is one of the most effective exercises that you can perform. The key is to enjoy the outdoor exposure, mentally and physically, You should not "race" with anybody, and again, *remembering to avoid over stressing your system*. Being persistent in any walking, each day, gradually increasing the length of time, offers the most effective and all around benefit to enhance your recovery.



USE THE PLACEBO OR "EXPECTANCY EFFECT" TO YOUR ADVANTAGE.

The "placebo effect" suggests that a belief in the proposed effectiveness of treatment can result in positive changes, even if the applied treatment is **"fake" or a "placebo."** Science has shown that such an occurrence can happen. Accordingly, using a positive attitude about your treatment, or perhaps using prayer, meditation, or yoga, etc., may markedly enhance your recovery! (Please see the *Meditation* section in the Appendix.)

A commitment to carefully and diligently follow these recommendations in

co-ordination with your chosen health practitioner, may assist you in getting and staying well. You should remember that there are no short-cuts to healing your body.

EXPECT TO GET WELL

SUMMARY FOR DIZZINESS, VERTIGO OR MENIERE'S DISEASE PATIENTS

1. Get chiropractic spinal adjustments-it is your best bet for any type of dizziness. *You must get spinal adjustments from a chiropractic doctor, in order to assure that nerve control from the brain through the spinal cord, is transmitted to the body part that is showing signs of illness. Spinal adjustments are amazingly effective in most ailments*
2. Follow the dietary recommendations to correct low blood sugar influences.
3. Take the **Detoxified Iodine** as directed.
4. Take **Liquid Adrenal Homeopathic Support**, especially with very low blood pressure.
5. Obtain the recommended hair mineral analysis at the specific laboratory mentioned.
6. Add moderate exercise -walking as noted- and be sure to increase an intake of healthy water to 6 or 7 glasses per day.
7. Have this doctor perform the **Epley Maneuvers**™ for dizziness. Have him/her also test you for **Ragland's** test-reclining and standing blood pressures. (See Appendix)
8. Be patient, and give your chiropractic doctor time for the healing process to work.

A HEALTHY TIP....

If you suffer from "pyorrhea," bleeding or inflamed gums, you should purchase a product called "**Chewy's Tooth and Gum Restorer**," along with **Glycothymoline** as recommended throughout this text. Massage your gums for several minutes each day with your finger or a "Q-Tip," using this "**Chewy's Tooth and Gum Restorer**" product. Rinse well with Glycothymoline. This treatment commonly resolves gum disease issues. You can purchase these products from the **www.IodineSource.com**.