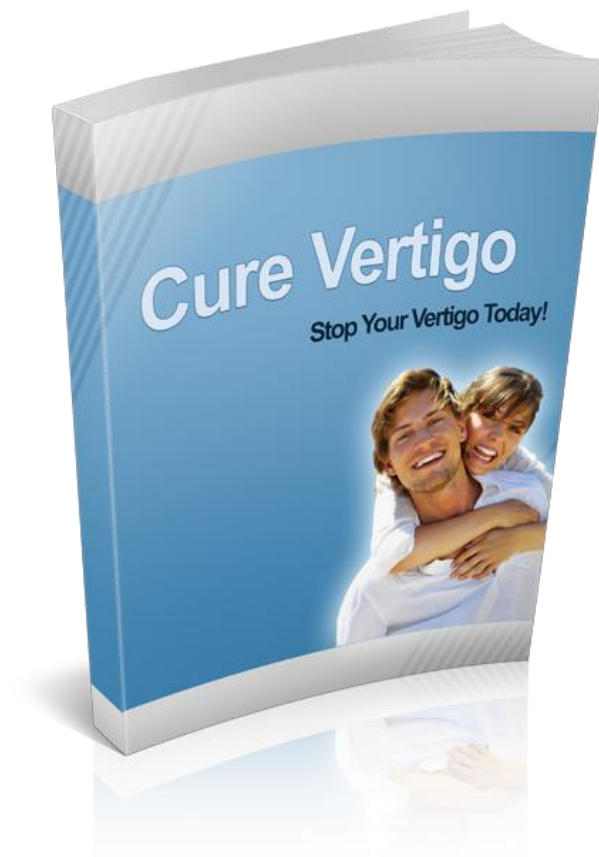


The Cure Vertigo Ebook



www.CureVertigoToday.com

Legal Disclaimer

The Cure Vertigo e-book is not a substitute for medical advice or the attention of a physician. While the information offered here is intended to be of help to the reader, this information in no way establishes a doctor-patient relationship between the user and author of the e-book.

Although Benign Paroxysmal Positional Vertigo (BPPV) may be treated by the recommendations given, the use of these recommendations does not rule out other pathology. Customers experiencing other symptoms not described in this e-book may have another underlying disease process. If this is the case, you should seek medical attention.

Introduction

Vertigo is the perception/feeling of movement when you are still. Benign Paroxysmal Positional Vertigo (BPPV) is aptly named.

Benign: It is not to say that symptoms aren't disturbing for those that have them. However, in this case, nothing that is life threatening is the root cause of the vertigo.

Paroxysmal: The vertigo occurs in attacks, usually lasting last less than one minute.

Positional: The vertigo happens when you put your head in certain positions, typically when looking up or, classically, when you roll over in bed. It only lasts for seconds most of the time, but you experience a sense of moving or whirling (like being on a merry-go-round) that is fearful and disorienting (i.e., a hallucination of movement, vertigo, as above described).

A Benign Paroxysmal Positional Vertigo Checklist

There can be many causes of vertigo. It is recommended that you consult your medical doctor prior to following the recommendations in this manual. If appropriate, they will order relevant tests to rule out any other pathology as the cause of your vertigo. Mistreating a more serious cause of vertigo with these techniques can result in a delay in receiving a proper diagnosis.

Below are examples that are common for people with Benign Paroxysmal Positional Vertigo (BPPV) also known as positional vertigo.

- My Doctor has diagnosed me with "BPPV", "Benign Paroxysmal Positional Vertigo" or "Positional Vertigo", after a thorough history and physical exam.
- My vertigo lasts only seconds to minutes, never hours or days.
- I can bring on the symptoms of my vertigo with certain head positions.
- My vertigo occurs with rolling over in bed, bending down, or looking down, up, or to the one side.
- When I experience my vertigo, it feels like either the room or my body is spinning.
- My vertigo is not associated with a change in my hearing or a noise in my ears.

If you agree with any of the above statements, there is a strong likelihood that your dizziness is BPPV (Benign Paroxysmal Positional Vertigo). Keep reading to learn how to fix your vertigo.

The Cause:

There are balance organs in the ear (semicircular canals) that help to detect movement and gravity. Within these structures, there are small crystals called "otoconia". Some crystals may become loose and float around inside the inner ear. These crystal particles cause the sensation of vertigo (spinning) every time they are disturbed by head motion.

Each ear contains one balance organ. Thus, there are a right and a left. In the next step, you will perform a test to determine which of your ears has loose particles.

How to Determine Which Ear is Affected and Causing the Vertigo

You will perform a test called the dix-hallpike test. This test is designed specifically for testing BPPV. You will need a partner to help you with this test.

In some instances, people may have an idea which ear is the problem ear that triggers their vertigo. Nevertheless, it is still good to perform this test to confirm.

It is recommended that you perform this test on your bed.

Sit upright with your legs extended and your back facing the end of the bed (the end where your feet usually are when you sleep). You should be positioned, seated on the bed, so that if you were to lie down on your back your shoulders would be level with the end of the bed and your head would extend off the edge.



Figure 1: Shoulders are level with the edge of the bed.

Pre-test warning: This is a provocative test for vertigo. This means it will bring out the symptoms of vertigo. Your partner should ensure the environment is safe, and you need to be aware that you will not fall. Even though you will feel the sensations resembling being on a merry-go-round or you are turning, remember that you are safe on a bed and that you have a partner assisting you.

For the partner: Remember, when helping with this test, the person may feel sensations like they are falling. With that in mind, you must also be prepared for any spontaneous movements that they have, which may result in them falling off of the bed. You must reassure them that they are safe and that they will not fall.

We will use an example to test the right ear for particles.

To test the right ear, look 45 degrees to the right. Your partner will be positioned behind you and will assist in helping you lay down on your back, quickly. The seated to the laying down position must be done quickly rather than slowly. If done slowly, it can affect the testing.



Figure 2: This is the set-up position for dix-hallpike testing. The head is turned 45 degrees to the right, testing the right ear. For illustrative purposes, the partner is not in the diagram, but he/she should be positioned behind.



It is recommend that the partner place one hand on your shoulder to help assist you to lie down, and the other hand should cradle the base of your head.

Figure 3: Your partner is in position behind you. One hand is for shoulder support, and the other is supporting the head.

The head will be over the edge, and it should be supported by your partner at an angle of slight extension (just below horizontal about 10-20 degrees). If you were standing, the upright extension is the movement of the neck, which happens when you look up at the ceiling. The arrow in the diagram below shows the movement of neck extension. Be careful if you have existing neck problems or limited movement. Do not use too much extension.



Figure 4: In this diagram, you can see the head slightly above the horizontal. Your partner will be supporting your head, and you should let it rest with the neck in slight extension (below the horizontal) or at least level with the horizontal.

Once the lying back with the neck extended, if vertigo symptoms are to be experienced, they will usually take effect in 5-10 seconds.



Figure 5: This the correct testing position. Your head is 45 degrees to the right. Partner is supporting your head, and, if possible, there should be slight neck extension.

Partner: Do not get lazy here. The onset of vertigo can be quite scary, and the person whose head you are holding may move or jerk suddenly. Reassure them and continue to support their head comfortably.

The sensation of vertigo should also pass in about 10-30 seconds.

Partner: After the vertigo sensation has completely passed, help the person back up to the seated position. Be careful; it is not uncommon for the person to feel some vertigo or slight uneasiness upon sitting up. Be close by to stabilize the person and always have a hand on their shoulder to prepare for any sudden movements that they may have.

If vertigo is experienced, the test is positive for the right ear. If nothing happened, repeat the test on the other side for the left ear. Even if vertigo was felt on the right ear, still repeat the test on the left ear. It is possible to have BPPV in both ears. In that case, note in which ear the symptoms were more severe, as that ear should be the priority to treat first.

The Cure:

- End of excerpt

Congratulations! You are halfway to curing your vertigo.

Now you have identified that you have BPPV and you know which ear is the culprit (for some it may be both ears – don't worry we have solutions for that situation).

You now need to purchase the 'Cure Vertigo' ebook to complete the treatment phase.

In this successful ebook you will learn maneuvers that you can perform at home to reposition the 'crystals' or 'debris' in your inner ear. Plus you will get key follow up recommendations to ensure the best results.

Click below because I also have a special discount for those who act fast!!

[→Click Here To Cure Your Vertigo](#)