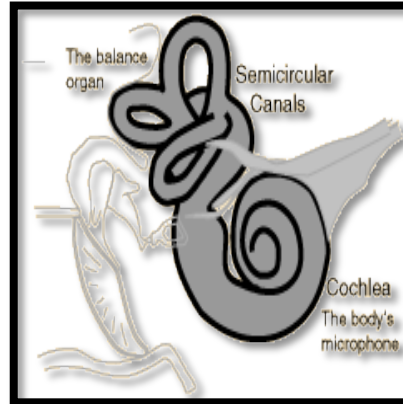


## VERTIGO

“Vertigo” means an abnormal or exaggerated sensation of motion. The vestibular labyrinth consists of three semicircular tube canals, connected to one another and other sensors. They respond to gravity and head movement.

Each inner ear is like a small gyroscope. The two must work in sync and coordinate with vision and brain balance centers for accurate sensation of movement. When one or both are abnormal, a conflict occurs as in a motion sickness which causes a disturbance of balance or spatial orientation.



## AVOID TRIGGERS

1. Caffeine including in tea that is not marked decaffeinated
2. Added salt NaCl, including sea salt.
3. Excess fluids more than needed for meals, thirst and bodily losses.
4. Fatigue and stress. Do not over exert.
5. Visually busy activities including using a computer or reading and shopping.
6. Take frequent visual breaks by closing your eyes for 30 seconds every half hour or if symptoms begin.
7. Swings in your blood pressure, blood sugar, hormones or usual diet.