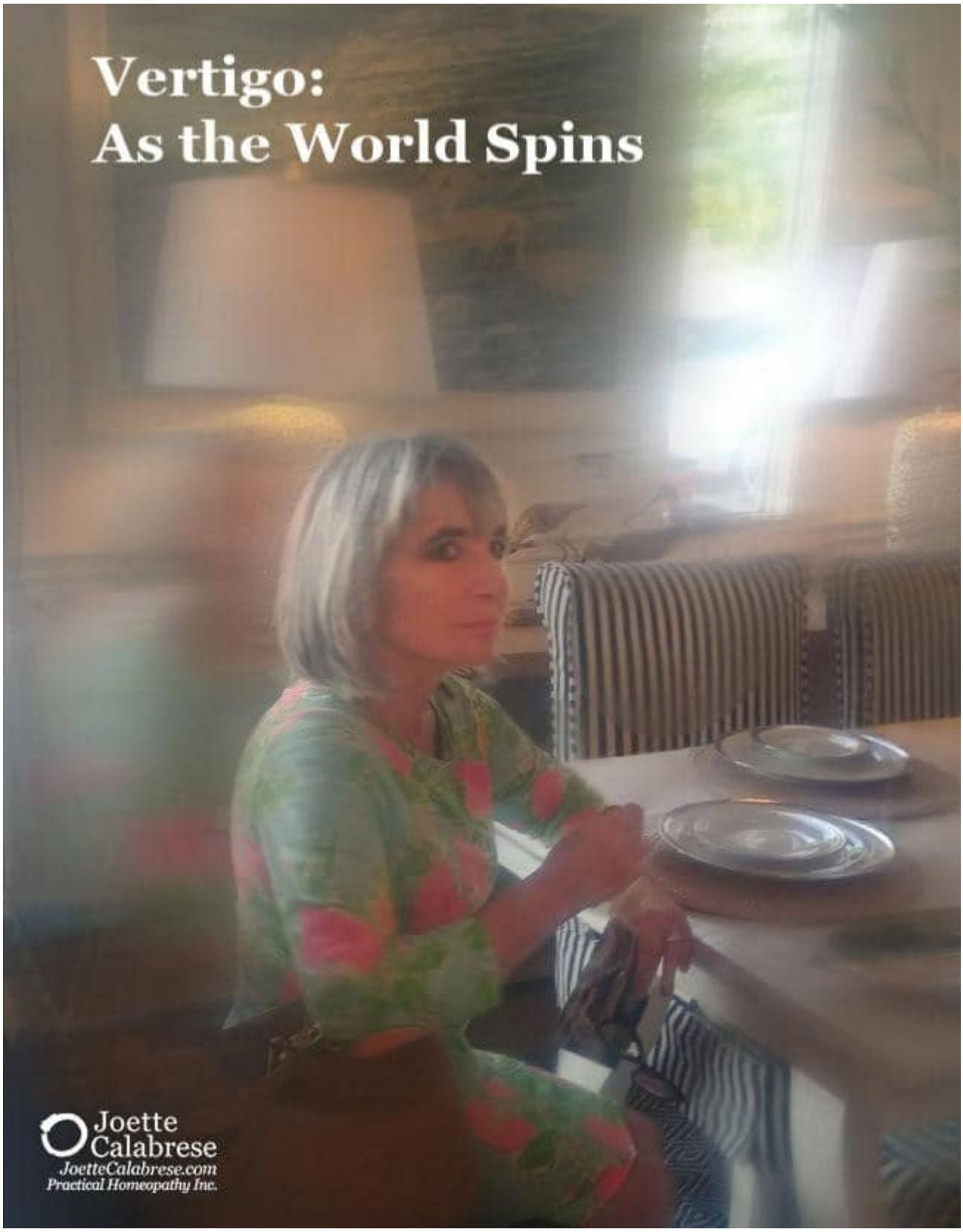
Vertigo: As the World Spins



Round and round and round she goes.

Lisa woke up one morning and couldn't get out of bed. Literally. Every time she moved her head, she would spin; the bed would spin; the room would spin.

Lisa felt like she was at sea. Simply to go to the bathroom, she had to hold onto walls and furniture for balance. She felt like a drunken sailor.

She certainly couldn't go to work that day … or the next!

Vertigo.

It can strike from out of nowhere – fast and hard. Severe cases can be debilitating. Ask Lisa.

Six years ago, I wrote a blog post on tinnitus and vertigo that continues to receive comments to this day. In light of its popularity, I thought it was time to revisit how homeopathy can uproot vertigo and allow you to walk upright again.

In my previous post, I mentioned a Banerji protocol: *Tellurium metallicum* 200C every three days and *Conium maculatum* 3C twice daily. (The Banerjis use *Conium* in the 3rd potency, but it's very difficult to find in some countries, so the 6th potency will suffice if there's no choice.)

As I've always said, though, in homeopathy, there is more than one way to skin a cat.

So, I'd like to share an alternative method that can be employed for chronic vertigo: *Conium* 6C by itself, twice daily, until very much better (in other words, when the room stops spinning).

I see vertigo constantly in my practice. However, in my experience, vertigo is often a drug side-effect and not as much an innate condition.

So, before you grab your coat and head out the door to buy *Conium*, take a closer look at what else you are taking! Read the potential side-effects on the various medications on your nightstand.

You'd be surprised how many of them contain warnings of "dizziness". Even if you've had no side effects for years while taking a particular synthetic drug, it does not mean it can't finally get to the point that a noticeable side effect presents.

I especially see this in women around the age of menopause. In particular, hormone replacement therapy can cause dizziness. Unfortunately, many women mistakenly think bioidentical hormones are as safe and natural as the morning dew.

Don't get me started.

I can't prove my theory beyond a shadow of a doubt. Still, the hair on the back of my neck goes up when I think about the timing of the popularization of "bioidentical hormones."

Perhaps you're not old enough to remember, but this "new" product – bioidentical hormone therapy – was heralded as a safer solution almost *immediately* following the mass criticism of the last set of synthetic hormones that were being associated with breast, ovarian and uterine cancers.

I think the timing is a little fishy.

Some of the "bioidentical" products are manufactured by the same manufactures as the synthetic culprits were.

I'm concerned it was merely a convenient marketing term; a strategically-planned manipulation to combat the bad press of the existing hormone therapy products. Are they truly non-synthetic?

And have you checked out the long term effects of

manipulating the precariously balanced endocrine system?

Look, I get why women would want to assuage the disruptive symptoms of menopause.

Believe me, I'm not criticizing the choice to seek a solution. But, ladies, we already *have* the solution!

In fact, I have written about it on both my own blog and in the Weston A. Price *Wise Traditions* publication. I would much prefer to use inexpensive, safe, polite, efficacious homeopathy to combat menopause rather than drugs of commerce with potentially yet-unknown side-effects – no matter how natural they sound.

But I digress. (You got me started, didn't you?)

If, after investigation, vertigo does not appear to be a side-effect of another substance being taking –whether natural or synthetic –utilizing *Conium* is a good choice to alleviate it in many cases. (By the way, synthetic supplements and vitamins can also cause vertigo.)

However, if no improvement has been made after six weeks or so, then it is time to dig deeper.

Could there perhaps be an unknown issue with blood pressure, blood sugar or another underlying condition?

It's time to get a proper conventional diagnosis in order to choose the precise homeopathic remedy to uproot the condition – as well as its accompanying vertigo.

Pass on the good news of homeopathy!

Warmly,

P.S. Join Holistic Moms Network, Boiron Homeopathics and me on Facebook Live this Wednesday, October 16, 2019, at 1 p.m. EST. And have your questions ready! See you there.
https://www.facebook.com/HolisticMomsNetwork/

P.P.S. If you are not quite ready to take a course, then please join a Gateway to Homeopathy study group. New groups form regularly. Utilizing my curriculum, you will gain a tremendous foundation in homeopathy. Plus, these groups become lifelong, supportive friend-circles serving to bolster and encourage you as you continue on your path. It may well be the most significant (and inexpensive) step you take toward your family's long term healthcare plan.

