

Vertigo, Meniere's and Tinnitus: Homeopathy Can Offer a Quieting Method



I recently posted about how to relieve [travel sickness quickly](#).

Today I am going to address vertigo and tinnitus, which sometimes share similar aspects of motion sickness.

However, these maladies can be even more debilitating when associated with a chronic condition.

While travel sickness is due to movement, vertigo and tinnitus can often accompany nausea, making it a double whammy.

Some describe the feeling as existing in a factory of constant noise, being intoxicated or having a bad case of “the spins.”

Infections, fevers, seemingly unrelated illness, movement, inner ear issues, exposure to loud noises, eye problems or even a major stress can lead to a bout of vertigo and long-

term tinnitus.

John suffered from tinnitus

Take John, for example. John is in his mid-60s and has suffered from tinnitus daily for eight years. Many times, this is accompanied by vertigo.

When he's suffering a rather severe episode, he is assigned to his living room chair, instead of spending productive time in his office.

After taking my course on how to treat yourself with homeopathy, he asked himself what was going on in his life at the onset of this unsettling disturbance.

He thought about it for a while and asked his wife what she might recall.

As I direct my students, they constructed a timeline of his health events.

This is when he realized that it was shortly after his gall bladder surgery that the hearing and equilibrium distortions began.

In homeopathy, sometimes revealing the cause can be useful in determining the remedy.

Indeed, we might consider *Arnica* for post-trauma issues, *Phosphoric acid* for anesthesia poisoning or even *Nux vomica* for the ill effects of any meds that may have been used in and around the surgery.

Not knowing the precise cause can leave some unanswered questions.

However, regardless of the cause, homeopathy has a history of dealing with such maladies, and sometimes this leaves us with a matter of trial and error to find the precise

stimulus.

Not to worry.

Homeopathy throws no punches.

There are no side effects associated with even the wrong remedy choice as long as it is used judiciously.

Because John wasn't certain of the precise exciting cause, he tried the Banerji Protocol that I taught his web class: *Tellurium metallicum 200C* every three days and *Conium maculatum 3C* twice daily.

(Dr. Prasanta and Dr. Pratip Banerji use the 200 and 3C potencies respectively, but since some of these are not available in the U.S. and other parts of the world, my students are reporting that 30C and 6X or 6C are useful.)

John was encouraged when he noted that the sound had lessened about 10% within the first 30 days of using the remedies.

Three months after that, he was more optimistic when he realized that the cicada-type noise was no longer part of his daily experience.

Only after being exposed to loud noises, such as when his car was being repaired at the mechanics' shop, did he note a return of the symptoms.

He slowly began to recognize that after 6 months of the remedy use, although the high-pitched sounds were somewhat audible, they were not enough to make an appreciable difference in his life.

In fact, he noted the sounds only when he paid close attention.

In other words, John felt that as long as the noise remained

at this lessened level, he was satisfied.

Indeed, who wouldn't be? After all, is it perfection that we seek or is it relative health so that he can return to a productive life?

Genuine health is freedom, and as long as John is liberated to work and benefit from his life, then he is experiencing health.

Now, with the unsavory sensations and sounds much minimized, John spins with excitement and buzzes with enthusiasm instead of with vertigo and tinnitus!

Note: If you have tried these remedies, and the tinnitus has still not subsided, a well-trained homeopath can pinpoint a more closely aligned remedy.



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