

# DIZZINESS



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## Definition

A swimming or swirling sensation of the head

A sensation of lack of equilibrium

## Cause

Dizziness can be caused by constipation when pressure causes the nerves to become impinged.

There are many other reasons for dizziness such as:

- ✚ The menstrual period
- ✚ An injury or a fall on the head
- ✚ Compacted sinuses
- ✚ Blood pressure problems.

**Symptoms of Dizziness**

- Vertigo
- Feeling faint
- Unsteadiness
- Feeling as if the room is spinning
- Loss of balance (disequilibrium)
- Visual disturbances
- Lightheadedness
- Weakness
- Wooziness
- Fatigue
- Nausea

A photograph of a woman with long dark hair, wearing a white top, with her arms crossed and a neutral expression.

One vulnerable area in the human body for this "hardening of the arteries" is found in the brain.

Regardless of how intelligent an individual has been in the past, when the arteries in the brain area become hardened there is a resulting slowness in thinking, loss of memory, headaches, dizziness, dimming eyesight, paralysis, and one of the saddest conditions of all - **senility**.

## Herbal Aids



**Cayenne: Cayenne will give relief.**



**European Pennyroyal:**

Apply the tincture preparation with apple cider vinegar to the nostrils.

**Rue:**

Chew 1-2 freshly-picked leaves.



**Mistletoe:** Mistletoe is said to cure stubborn headache, even migraine. The extract is also used in headaches which are accompanied by dizziness, in spells of vertigo when there is a tendency to fall backwards, in people whose gait is wavering, who are afraid of open places, get attacks of "pins and needles" in the limbs and suffer from cold feet.

**VERTIGO:**

Question to Dr. Christopher in his newsletter.

**Is there any help for vertigo?**

His answer: Yes, it can be helped. This condition of vertigo is, to most people, a frightening condition. **Vertigo** is a sensation as if the external world were revolving around the patient (*objective vertigo*) or as if he himself were revolving in space (*subjective vertigo*). The term is sometimes erroneously used as a synonym for dizziness.

Vertigo may result from disease of the middle ear (Menere's disease), from cardiac, gastric, or ocular disorders, from some peripheral irritations (as laryngeal vertigo) as a precursor on an epileptic fit, in hysteria, from toxemia (as Bright's disease), from an organic brain disease, and from unrecognized causes (essential vertigo).

**Use B & B Tincture as follows:**

- ✓ Place four to six drops of oil of garlic in the ear with an eyedropper
- ✓ Follow this with four to six drops of B & B in ear
- ✓ Plug ear with cotton.
- ✓ Turn the other ear up and do the same as with first ear.
- ✓ Leave in all night, or night and day if desired.

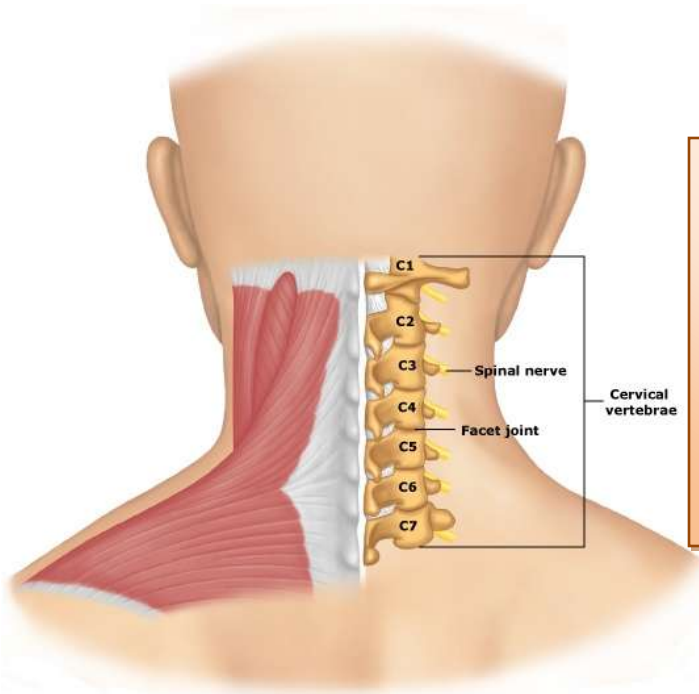
**Flush ears on the seventh day.**

- ✓ Flushing the ears is done by using a small ear syringe
- ✓ Flush with a 50/50 mix of warm apple cider vinegar and distilled water.

Apply garlic oil and B & B tincture this same way week after week until desired effects are acquired.

## Drink B&B Tincture

Have the patient drink **SIX TO TEN DROPS** of the B & B tincture three or more times a day.  
**(This could be done each hour in severe cases.)**



### Massage B & B tincture

- ✓ On the cords back of the ears
- ✓ Down the neck area
- ✓ On the base of the skull (medulla area)

Massage several times a day.

The program as given above has aided many having problems with their equilibrium and locomotion.

## Bone Flesh & Cartilage Formula



When Vertigo is more severe, in addition use the "bone, flesh and cartilage" formula over the skull area above eyes and ears area soaking and sponging out a cap made of flannel, cotton or wool and leave on the head area overnight, as before, six days a week, week after week until results are received.

This fomentation should not only cover the skull area front and sides but also down the back to cover the medulla and down over the upper cervicals to cover the motor nerve area.



## NF Formula: Nerve Combination Tea

**Formula:** Black Cohosh Root, Cayenne, Hops Flowers, Lady's Slipper Root, Lobelia, Scullcap Herb, Valerian Root, Wood Betony Herb And Mistletoe

This type of a patient with vertigo should also use the **NF Formula** nerve herbal food combination.

In addition a  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon NF Formula added to a cup of Hot Distilled water should be consumed three times or more per day. This will feed and aid in rebuilding the nervous system.

