

# Dizziness: Must You Learn To Live With It?

Many persons have resigned themselves to a lifetime of faint spells, lightheadedness, and other forms of intermittent dizziness, all because some doctor or doctors have told them: "you'll have to learn to live with it."

Many of these persons have never been to a chiropractor for their dizziness, have never had a thorough chiropractic examination, and are unaware of chiropractic's strong reputation in the diagnosis and treatment of dizziness and some of its causes. So asking a person to "learn to live" with a dizziness problem when no chiropractic doctor has yet been seen for the problem is an irresponsible conclusion, to say the least.

## KEEPING YOUR BALANCE

Despite all the movements you make as you conduct your daily life — bending, twisting, turning, starting, stopping, jumping — the vestibular system, located in the inner ear, works closely with certain areas of the brain to help keep your sense of balance through it all. Without this system, you would be completely disoriented and dizzy.

***Chiropractors  
take dizziness seriously,  
and so should you.  
Dizziness can be a sign  
of pinched nerves in the  
neck affecting normal  
nerve function.***

## DELICATE MACHINERY

At the heart of the system are structures behind the ear drum containing, among other things, a fluid called endolymph, hair cells, and tiny calcium stones called otoconia. When your head moves, the movement of the fluid and the weight of the stones bends the hair cells. The bending of the hair cells triggers an infinitesimal electrical signal which travels via a cranial nerve to the brain. Instantly, the brain knows all about the head's move-

ment and utilizes this intelligence to help you keep your balance.

## DIZZINESS

Dizziness can be a sign there is a disturbance in the vestibular system, a problem in the brain or its connecting nerves, or a problem in organs, nerves or blood vessels outside the head. So you should always take dizziness seriously. Sometimes it comes from life-threatening problems such as a "small stroke," perhaps to be followed by a major stroke, a brain or ear tumor, brain or nerve damage, or other serious problems.

Dizziness can also be a symptom of systemic conditions like anemia or high blood pressure.

## MISALIGNED NECK VERTEBRAS MAY CAUSE DIZZINESS

Chiropractors take dizziness seriously. Often dizziness is a sign of vertebral misalignments (subluxations) in the neck area which pinch nerves. Detecting such misalignments and adjusting them back into proper alignment are some of the chiropractic doctor's main areas of expertise. Remember, the brain helps maintain balance by coordinating nerve impulses from the ears and eyes, from the neck and limb muscles, and from the arm and leg joints. If the brain gets a weak or garbled message because certain nerves are pinched and functioning improperly, the person may feel dizzy.

## CHIROPRACTIC EXAM

Dizziness takes many forms: lightheadedness, faint feelings, unsteadiness, imbalance, even spinning called vertigo. See your chiropractor for an evaluation of dizziness. Guessing the cause can be a dangerous game.

