

FIVE STEPS TO GET OUT OF THE VERTIGO SPINS QUICKLY

Brought to you by Dr Gregg Gerstin in Northbrook, IL



STEP 1

THE SEMICIRCULAR MANEUVER

[HERE IS A LINK TO A VIDEO OF ME DOING IT.](#)

This maneuver helps 50% of people get out of the spins.

This maneuver helps balance out the crystals in your ears.

- Get a chair with a back and stand in front of it
- Bend forward and let your head hang down between your legs until you stop spinning about 30sec-1minute.
- Quickly, once you stop spinning with your head down, flip over into the chair sitting up and still for 30 sec-1minute until you stop spinning.

This can be done multiple times a day.

If this does not solve the problem and you need more help than my cheat sheet. [Schedule a screening call to figure out your next best step here.](#)



HYDRATION

YOU NEED TO DRINK AT LEAST HALF OF YOUR BODY WEIGHT IN FLUID OUNCES OF WATER A DAY.

- If I weigh 200 pounds, then I am going to try to drink 100 fluid ounces of water a day.
- My best strategy for doing this is to find a water bottle that is 25 fluid ounces. I know I need four of them a day.
- If you are nowhere near that right now, I want you to start today by adding one cup of water a day for this week. Next week you will add a second cup. Continue this till you are at the correct volume of water you should drink.
- This is only for water. If you drink coffee, soda, pop, tea, or anything else you will need to add that much more water to your day.
- If you have blood pressure, kidney or fluid retention issues contact your medical doctor prior to this change.

STEP 2



ANTIOXIDANTS

SOME POWERFUL OXIDANTS THAT HAVE SHOWN
CHANGE IN DIZZINESS AND VERTIGO:

I What goes in your body can be just as important to
what you do with your body.

II These are some quick acting powerful antioxidants
that have shown an impact change in dizziness and
vertigo and links on where to get them:

Vitamin D: 5000-10000 IU/day with 2 times a
year blood check for levels.

Essential Fatty Acids: 1000mg 2-5 times a day

If you would like access to the best products at a
great discount use our provider code: alignwc

STEP 3

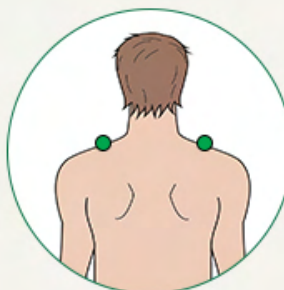
Acupressure Points to Cure Vertigo, Dizziness and Fainting



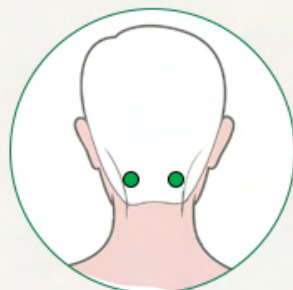
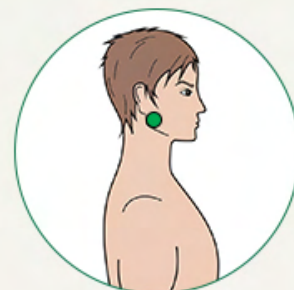
(Gv 20)



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(TW 17)



(GB 20)



(PC 6)



(SI 19)

ACUPRESSURE

RUB ON THESE POINTS FOR 30 SECONDS WHILE YOU ARE IN THE SPINS.

Click on the video below to go to a great video of me walking you through these points.



STEP 4



BREATHING

BREATHING EXERCISES HAVE BEEN SHOWN TO REDUCE DIZZINESS, VERTIGO, AND THE SPINS. MY FAVORITE BREATHING EXERCISE IS BOX BREATHING:

- I Breathe in for 4 counts
- II Hold your breath for 4 counts
- III Breath out for 4 counts
- IV Hold for 4 counts

You will want to do 5 cycles 3-4 times a day

STEP 5



BONUS: CORRECT YOUR SPINAL AND POSTURE MISALIGNMENT

Balance and vertigo problems can be caused by posture and spinal alignment issues. How does yours look? If it looks bad, we need to talk to prevent your next episode from happening now and help you get you through this one!

SCHEDULE TODAY

(847) 860-6599

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