



Dizziness and Vertigo: Tips to Dizzy Spells and Why You re Feeling Dizzy Including Vertigo Exercises That Will Help You Feel Better Today! (Paperback)

By Stephanie Ridd

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****.Simply put, the condition called Vertigo is when an individual feels as if they or the objects within the premises they are or their immediate environs are moving when in actual sense they are not! As a matter of fact, over and over again, anyone with this kind of feeling may even feel that a whirling or oscillation movement is happening around him or her. Besides that, this movement may be manifested in addition to sweating, nausea, difficulties in walking or vomiting. Yes, the situation may be uncharacteristically worsened when the head is moved. Now, without doubt, vertigo is the best publicly known type of dizziness but certainly not the only one. In fact, the most common illnesses that result in vertigo are Meniere s disease, labyrinthitis and what is often known as BPPV which is an acronym for Benign Paroxysmal Positional Vertigo. This is often caused by migraines, stroke, brain injury, brain tumors, and multiple sclerosis. However, physiological vertigo may take place when one has been exposed to some kind of motion for an extended period of...



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