



Dizzy: What You Need to Know About Managing and Treating Balance Disorders

M.D. Jack J. Wazen M.D.

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Find Your Balance

Recent statistics show that more than 90 million Americans will experience dizziness at some time during their lives. The good news is that 80 to 90 percent of sufferers can find relief. In this comprehensive guide, one of the nation's leading authorities on balance disorders tells the millions of sufferers what they can do to conquer dizziness -- what it is, why they feel this way, and what they can do about it.

In *Dizzy*, Dr. Jack Wazen uncovers the root causes of this disabling, difficult-to-diagnose syndrome and shares the therapies and techniques that can return patients' lives to normal, including essential information on:

- How to identify balance disorders
- Types of disorders: from the inner ear to the circulatory and central nervous systems to systemic, sensory, and visual disorders
- Balance rehabilitation therapy
- Medication and surgical options
- Acupuncture, biofeedback, hypnosis, and nutritional and herbal supplements

From where to get help to the surprising benefits of a low-sodium diet, filled with encouraging stories of patients who have found permanent relief, *Dizzy* shows chronic sufferers how to get their lives back on track -- and in balance.

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Larry Murray:

A lot of people always spent their very own free time to vacation or perhaps go to the outside with them family or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read the book. It is really fun for you personally. If you enjoy the book that you just read you can spent all day long to reading a book. The book Dizzy: What You Need to Know About Managing and Treating Balance Disorders it doesn't matter what good to read. There are a lot of those who recommended this book. We were holding enjoying reading this book. In the event you did not have enough space to bring this book you can buy the e-book. You can m0ore quickly to read this book from the smart phone. The price is not very costly but this book offers high quality.

Samuel Brown:

Your reading 6th sense will not betray anyone, why because this Dizzy: What You Need to Know About Managing and Treating Balance Disorders reserve written by well-known writer who really knows well how to make book which might be understand by anyone who also read the book. Written inside good manner for you, still dripping wet every ideas and writing skill only for eliminate your own personal hunger then you still doubt Dizzy: What You Need to Know About Managing and Treating Balance Disorders as good book but not only by the cover but also by the content. This is one publication that can break don't ascertain book by its include, so do you still needing a different sixth sense to pick this particular!/? Oh come on your reading through sixth sense already alerted you so why you have to listening to one more sixth sense.

Susan Frame:

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