VERTIGO

Often caused by an inflammation of the inner ear caused by a virus (Labyrinthitis)

Can be caused by low blood sugar - see HYPOGLYCEMIA.

Can be caused by dehydration or mineral imbalance; Use CHINESE MINERAL CHI, IONIC MINERALS.

Can be caused by pressure on the ears from a sinus infection.

VS-C, GARLIC (HIGH POTENCY), & PAU D'ARCO or OLIVE LEAF EXTRACT with LAVENDER and/or WILD OREGANO OIL rubbed around the ear to deal with the virus.

GINKGO & HAWTHORN to increase circulation

CHINESE STRESS RELIEF

If experienced after having a stroke: GINKGO/GUTO KOLA & GRAPINE*