



Your Monthly Update

Dear Colleague

Welcome to the August 2011 newsletter from Pure Bio Ltd.

Did you know:

Latest research shows that 250ml of beetroot juice daily is enough to reduce blood pressure; and this amount is sufficient to lower even high blood-pressure levels (*Hypertension, 2010; doi: 10.1161/HYPERTENSIONAHA.110.153536*)

The chosen topic for this month is:

Vertigo

Protocol Summary

Ranking	Nutritional Supplements	Botanical Medicine
Primary		
Secondary	Vinpocetine Vitamin B6	Ginger Ginkgo
Other		Feverfew

Primary – Reliable and relatively consistent scientific data showing a substantial health benefit.

Secondary – Contradictory, insufficient, or preliminary studies suggesting a health benefit or minimal health benefit.

Other – An herb is primarily supported by traditional use, or the herb or supplement has little scientific support and/or minimal health benefit.

Definition

Vertigo is the sensation that either your body or your environment is moving (usually spinning). Vertigo can be a symptom of many different illnesses and disorders. If the sensation is that the body is moving, it is referred to as subjective vertigo: whereas if the surroundings seem to be moving, it is referred to as objective vertigo. Episodes of vertigo are usually not harmless, but persistent symptoms would indicate the need to consult a health practitioner.

Types of Vertigo

- Objective Vertigo
- Subjective Vertigo
- Benign Paroxysmal Positional Vertigo (BPPV)
- Migraine-Associated Vertigo
- Ménière's disease
- Inner Ear (Vestibular) Problems

Causes

The most common causes of vertigo are illnesses that affect the inner ear, including:

- **Benign positional vertigo** In this condition, a change in head position causes a sudden sensation of spinning. The most likely cause is small crystals that break loose in the canals of the inner ear and touch the sensitive nerve endings inside.
- **Acute labyrinthitis**, also called vestibular neuritis. This is an inflammation of the balance apparatus of the inner ear, probably caused by a viral infection.
- **Ménière's disease** This causes repeat episodes of dizziness, usually with ringing in the ear and progressive low-frequency hearing loss. Ménière's disease is caused by a change in the volume of fluid inside the inner ear. Although the reason for this change is unknown, scientists suspect that it may be linked to loud noise, to a viral infection or to biologic factors inside the ear itself.

Pathological causes of Vertigo

- Cerebellar haemorrhages
- Acoustic neuroma, causing vertigo and symptoms of hearing loss and one-sided ringing in the ear
- Inflammation or infection of the ear (ear infection)
- Multiple sclerosis
- Head and neck injury or trauma
- Other circumstances that may aggravate vertigo:
 - Menopause
 - Motion Sickness (Flying, Driving, etc.)
 - Altitude Sickness/Acute Mountain Sickness (AMS)
 - Migraines

Symptoms

Common symptoms and signs include:

- Nausea
- Vomiting
- Sensation of motion or disorientation
- Involuntary eye movements
- Sweating

In addition, symptoms such as a **ringing sensation in the ears, hearing loss, weakness**, difficulty walking and speaking, visual disturbances or decreased level of consciousness.

Head positions that bring on sudden, acute attacks of vertigo, particularly bending the neck back while looking up, should be avoided. In one report, for example, the head position used in salons for shampooing hair was associated with the onset of vertigo. Certain chronic or repetitive body positions may produce painful nodules called trigger points, in the muscles of the head and neck, which can lead to dizziness and possibly vertigo. These positions include forward bending of the neck as when sleeping on two pillows, backward neck bending as when painting a ceiling, and turning the neck to one side as in some reading positions.

Prognosis

Most cases of vertigo last a few hours to a few days. Symptoms caused by acute labyrinthitis almost always go away without permanent injury. Other causes of vertigo may result in symptoms that are more persistent.

Therapies

Treatment of vertigo depends on the cause and severity of attacks.

A very common form of treatment is known as vestibular rehabilitation exercises – this involves lying down on a table on one side until the vertigo subsides and then switching to the other side until vertigo disappears completely. Numerous preliminary reports suggest certain “vestibular rehabilitation” exercises may help vertigo. These exercises were also found to be effective in relieving vertigo in two controlled studies, including one on BPPV. While vestibular rehabilitation exercises may be done at home, initial guidance by a qualified practitioner is advisable.

Massage therapy can also relieve the symptoms of vertigo. Though an overall massage is extremely beneficial, some individuals feel the most relief when massage concentration is on the head.

BPPV appears to be caused by an accumulation of free-floating cell fragments in the fluid of the inner ear. Certain manipulation manoeuvres, referred to as particle repositioning manoeuvres (PRMs), are intended to relocate this debris to a harmless location, in order to improve symptoms. Both preliminary and controlled trials achieved significant improvement in, or elimination of, BPPV using these manoeuvres. Most studies report that over 90% of people with BPPV treated one or

two times with PRM respond to this treatment, although up to 45% may develop BPPV again within a few years, requiring further treatments.

Research indicates some cases of vertigo are related to spinal disorders affecting the head and neck. Preliminary studies report that certain treatments, such as spinal manipulation, physical therapy, and combined approaches including manipulation and specific exercise programs, result in significant improvement of vertigo symptoms.

Trigger points are thought by most authorities to potentially cause pain and abnormal function in other parts of the body. Trigger points appear to develop as the result of injury, poor posture, structural abnormalities, emotional tension, and other body stressors. Also known as myofascial pain dysfunction (MPD), this condition, when it affects certain muscles of the head and neck, has been associated with vertigo in preliminary research. Musculoskeletal practitioners (osteopaths, chiropractors etc) can treat MPD with a variety of natural therapies, including deep pressure massage.

Hypnotherapy and neuro-linguistic programming (NLP) can also be used to help in dealing with vertigo. The subconscious mind is a powerful tool that can be used to retrain the mind and to prevent episodes of dizziness.

In a preliminary study of people with migraine headaches, most of whom (83%) also experienced vertigo, a combined and individualized approach using dietary changes, medication, physical therapy, lifestyle changes, and acupuncture resulted in complete or substantial improvement of symptoms in a significant number of participants. In addition, a large number of case studies presented in two preliminary reports suggest acupuncture may help to reduce symptoms of vertigo.

Dietary Changes

In preliminary studies, vertigo associated with high triglycerides, diabetes mellitus, and hypoglycemia responded to dietary management of the underlying disorder. In a preliminary study of people with migraine headaches, most of whom (83%) also experienced vertigo, a multifaceted approach including dietary changes was investigated. Dietary changes involved the elimination of foods and food additives suspected of causing migraine attacks. This approach resulted in complete or substantial improvement of symptoms in a significant number of participants.

Nutritional Supplement Treatment Options

[Vinpocetine](#) - **15 mg daily**. Vinpocetine is a natural brain stimulant derived from the periwinkle plant, which helps in enhancing the oxygen supply to the brain. A preliminary trial showed that 15 mg per day of vinpocetine had a moderate or greater effect on reducing the signs and symptoms of vertigo in 77% of patients with this condition. Other preliminary reports exist describing benefits of vinpocetine for vertigo and other symptoms of inner ear disorders.

[Vitamin B6 \(P5P50\)](#) – dosage according to practitioner prescription. Two preliminary human studies reported that vitamin B6 supplementation reduced symptoms of vertigo. Vitamin B6 supplementation has not been studied in BPPV.

Botanical Treatment Options

[Ginger](#) – 1g extract daily, or tincture equivalent. One gram of powdered ginger (*Zingiber officinale*) root in a single application has been reported to significantly reduce symptoms of artificially induced vertigo in one double-blind trial.

[Ginkgo](#) - 120 to 160 mg a day of a standardized herbal extract. In a preliminary clinical trial, a standardized extract of *Ginkgo biloba* significantly reduced symptoms of vertigo in a group of elderly people with mild cognitive impairment. Participants were given 40 mg TID for one year.

Use of Ginkgo enhances the blood circulation in the small blood capillaries of the inner ear. A recent study, conducted for a duration of 3 months, showed that out of 67 vertigo patients, 47 percent of the patients who took Ginkgo biloba every day were completely healed in comparison with a mere 18 percent in the placebo group. A double-blind three month trial has also been reported to significantly reduce vertigo of unknown cause. The amounts given were 120 mg and 160 mg per day, respectively.

[Feverfew \(Tanacetum parthenium\)](#) - dosage according to practitioner prescription. Feverfew enhances blood circulation and reduces inflammation. Vinpocetine is a natural brain stimulant derived from the periwinkle plant, which helps in enhancing the oxygen supply to the brain.

Homeopathy

Homeopathic ingredients such as **Cocculus indicus**, **Lobelia inflata** and **Gelsemium** have proven to highly effective in relieving the symptoms of dizziness, weakness, fainting, fatigue, headaches and emotional upsets.

In addition, flower essences are effective for those suffering from the symptoms of vertigo, as they are a perfect complement to all other remedies and have the benefit of immediate effects on the body.

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