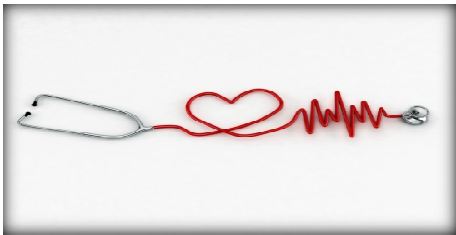


NATURAL TREATMENT FOR DIZZINESS

VertiFree is a safe, non-addictive, FDA-registered natural herbal remedy containing 100% homeopathic ingredients especially selected to relieve. VertiFree may be taken at the first signs of vertigo including dizziness, disorientation, or motion disturbances to address imbalance and for symptom relief without side effects.

Another solution is drinking adequate amounts of fluid daily, change positions slowly to avoid dizziness and disorientation, limit the amount of salt you eat in a day to decrease the pressure of your inner ear, can all help. People who suffer from vertigo also tend to experience nervousness that may result in a vicious cycle.



Reducing stress levels can benefit anyone who experiences regular bouts of dizziness. Make sure that you have sufficient regular sleep, eat regular, wholesome meals (to keep blood sugar levels stable), and use natural remedies to benefit the nervous system. It is also important to have blood pressure checked as dizziness and faintness may be brought on by low blood pressure.

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. Natural remedies can also provide symptomatic relief of dizziness and nausea associated with vertigo and improves inner ear balance. Herbal remedies containing homeopathic ingredients may be taken at the first sign of symptoms and are safe to use for people of all ages.



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. *Bryonia alba* may be beneficial for headaches, and for individuals who perspire where the slightest movement may be disturbing. In addition, flower essences are effectual for those suffering from the symptoms of vertigo, as they are a perfect complement to all other remedies and immediately absorbed into the system.

[For More Information Click On natural treatment for dizziness Or dizziness treatment](#)