



**Vertigo Vertigo: About vertigo. About dizziness.  
And what you can do about it. Meniere Man.**

*Meniere Man*

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THERE ARE SIMPLE AND EFFECTIVE WAYS TO HELP PREVENT MENIERE'S VERTIGO FROM TAKING OVER YOUR LIFE." The Author says. A newer 2016 edition of this book is available on Amazon. This book is titled: MENIERE MAN THE SELF-HELP BOOK FOR MENIERE'S VERTIGO ATTACKS. Link:amzn.com/0992296447

Find out what works to help prevent attacks and lessen the intensity of vertigo attacks. The Author share's his own practical and successful, direct-action plan. A self-help guide you can use everyday.

Now you can have greater control over any vertigo attack. Follow the same simple strategy he calls BME (Beginning, Middle, End).

Use the BME strategy and you will learn

- How to predict an oncoming vertigo attack.
- How to take positive immediate action
- How to prevent an attack
- Reduce stress anxiety and severity during a vertigo attack
- Recover faster after a vertigo attack

This is a self-help focused book, with the same easy, simple techniques the Author used himself to ultimately live a full life again, free of Meniere's disease vertigo attacks.

Taking a unique perspective, based on his personal experience, this Meniere survivor, delivers an inherent understanding of the physical, emotional and mental effects of Meniere's vertigo and what you can do to help yourself. This is an holistic, positive, empowering approach to recovery.

Similar related tags: inner ear, vestibular, low-sodium, low-salt, symptoms, vertigo, aural, audiometry, disability, diagnostic, onset-vertigo, ENT, specialist, deaf, deafness, otologist, cochlear.

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