

# Dizziness

## **Pre-Disposing Factors:**

- Motion sickness
- Wax build up in ear canal
- Low blood sugar
- Circulatory disorders (high blood pressure, arteriosclerosis, hypothyroidism, diabetes)
- Brain tumor
- Allergies
- Adrenal exhaustion

## **Dietary Suggestions:**

- Basic whole foods – small meals throughout the day
- Avoid sodium, processed, canned, packaged foods, sweets
- Try hypoglycemic diet for 2 weeks

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*