

# THE Spinal COLUMN

Life is better when you're aligned!

## VERTIGO, MENIERE'S DISEASE, AND THE ROLE OF UPPER CERVICAL CARE

Welcome to this month's newsletter, where we'll be exploring the complex and often misunderstood world of vertigo. This condition impacts many people, causing everything from mild discomfort to severe impairment. We'll also delve into Meniere's Disease, a closely related disorder, and how Upper Cervical care might be the key to alleviating suffering.

### WHAT IS VERTIGO?

Vertigo goes beyond mere dizziness; it's a disorienting sensation of movement or spinning, even when standing still. Imagine being on a merry-go-round that never stops; that's the sensation of vertigo. This sensation can be fleeting and mild or lead to extended and severe episodes that incapacitate the sufferer.

### SYMPTOMS

The symptoms of vertigo encompass more than just a spinning sensation. They may include nausea, vomiting, hearing loss, tinnitus (ear ringing), and even feelings of pressure or fullness in the ear. These symptoms can make daily activities like driving or even walking exceedingly difficult.



### TYPES OF VERTIGO

Vertigo isn't a one-size-fits-all condition. It comes in different forms, each with its triggers and characteristics:

- **Positional Vertigo:** Often caused by specific head movements or positions.
- **Post-Traumatic Vertigo:** Can follow a head or neck injury, persisting long after the injury has healed.
- **Cervicogenic Vertigo:** This is directly related to neck issues or misalignments.

### CAUSES OF VERTIGO

Extensive research has connected vertigo to inner ear disorders and different types of trauma, from minor bumps to severe injuries like concussions or whiplash. Astonishingly, up to 50% of head and/or

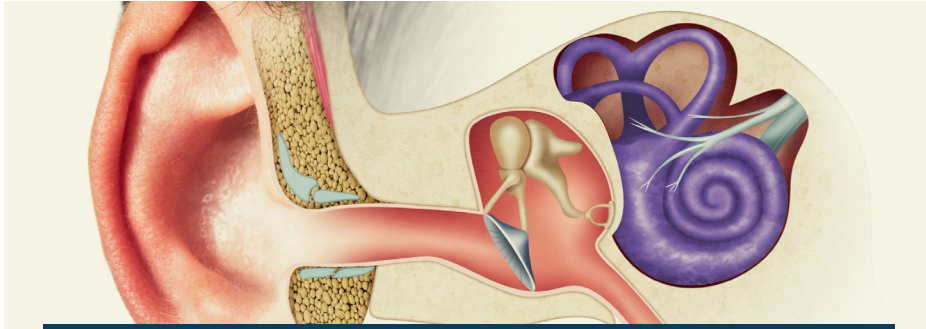
## DID YOU KNOW?

The atlas (C1) and axis (C2) are the first two cervical vertebrae in your neck and they're quite unique in structure and function! The atlas is named after the Titan Atlas from Greek mythology who held up the Earth. Just as Atlas held the world, the atlas vertebra holds up your skull. It rotates around the peg-like dens of the axis below it, allowing you to turn your head from side to side.

neck injuries may result in vertigo. The upper neck's delicate structures are integral in controlling our balance, and any dysfunction here can lead to vertigo.

## MENIERE'S DISEASE

More than a mere inconvenience, Meniere's Disease is a chronic and sometimes crippling disorder. With symptoms including disabling vertigo, hearing loss, tinnitus, and nausea, sufferers can be left incapacitated for hours or even days.



### UPPER CERVICAL CARE: A POTENTIAL SOLUTION

## BEYOND BACK AND NECK PAIN

Upper Cervical care is not limited to treating back and neck pain. It's a versatile approach that has provided relief for numerous conditions, including vertigo.

## THE PHILOSOPHY OF CARE

Upper Cervical care embraces the idea that the body has the ability to heal itself. By targeting the root causes and treating them, Upper Cervical chiropractors enable the body's natural healing process.

## A FOCUS ON ALIGNMENT

Misalignments in the upper cervical spine can create disturbances that reach as far as the brainstem and inner ear, disrupting our sense of balance. Correcting these misalignments can restore equilibrium, providing lasting relief.

## CAN IT HELP WITH VERTIGO AND MENIERE'S DISEASE?

Through careful examination, Upper Cervical chiropractors can determine if individuals with vertigo or Meniere's Disease may benefit from this specialized care. By addressing the underlying causes, there's a promising opportunity to alleviate the symptoms and restore health.

### CONCLUSION: A PATH TO HEALING?

Vertigo and Meniere's Disease present complex and often debilitating challenges. However, Upper Cervical care offers an intriguing potential pathway to relief. By focusing on the body's intrinsic ability to heal and a personalized, non-invasive approach, Upper Cervical care opens a new avenue for treatment.

If you or someone you know struggles with these conditions, consider consulting an Upper Cervical chiropractor. Understanding the complexity of vertigo and Meniere's Disease, along with the potential benefits of Upper Cervical care, could be the first step towards recovery.

Thank you for joining us in this exploration. Your well-being matters, and we hope this information provides valuable insights into understanding and healing. Stay well!



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