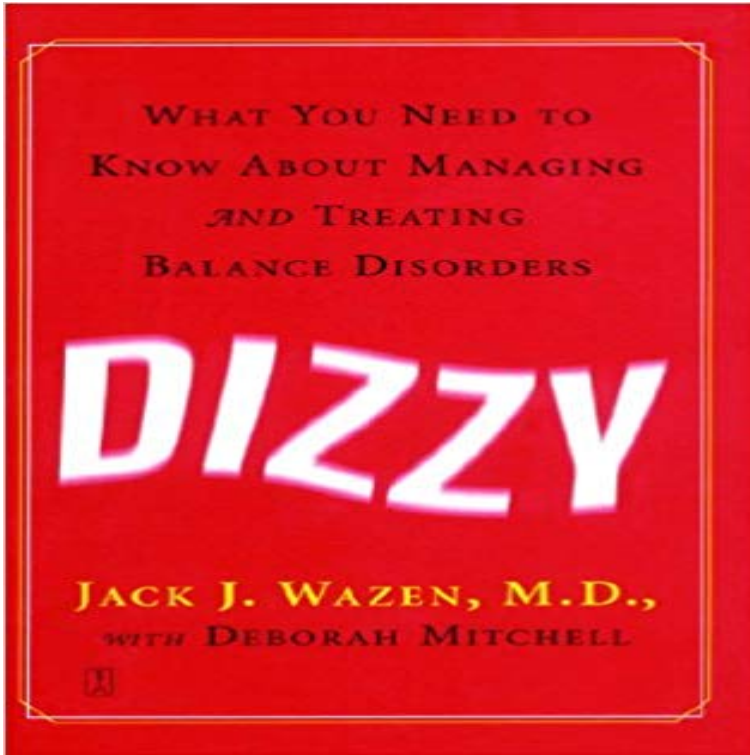


# Dizzy: What You Need to Know About Managing and Treating Balance Disorders



Find Your Balance Recent statistics show that more than 90 million Americans will experience dizziness at some time during their lives. The good news is that 80 to 90 percent of sufferers can find relief. In this comprehensive guide, one of the nations leading authorities on balance disorders tells the millions of sufferers what they can do to conquer dizziness -- what it is, why they feel this way, and what they can do about it. In Dizzy, Dr. Jack Wazen uncovers the root causes of this disabling, difficult-to-diagnose syndrome and shares the therapies and techniques that can return patients lives to normal, including essential information on: How to identify balance disorders Types of disorders: from the inner ear to the circulatory and central nervous systems to systemic, sensory, and visual disorders Balance rehabilitation therapy Medication and surgical options Acupuncture, biofeedback, hypnosis, and nutritional and herbal supplements From where to get help to the surprising benefits of a low-sodium diet, filled with encouraging stories of patients who have found permanent relief, Dizzy shows chronic sufferers how to get their lives back on track -- and in balance.

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