

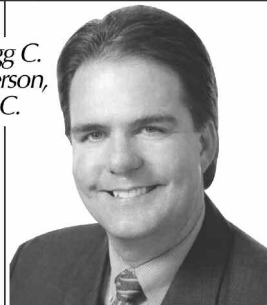
# Hale & Hearty

## Dizziness helped with Chiropractic Care

I remember playing a party game where you had to spin around several times and then run a relay race. I think we called it "izzy dizzy!" The dizziness made the race hilariously challenging, and of course fun. Thankfully within a few moments, the world would stop spinning and we would return to normal and laugh at the next dizzy runners. Sometimes dizziness is not so fun. For my 40th birthday I thought it would be a blast to take some buddies to **Monterey** for a "three-tank boat dive" day of scuba diving. The first tank and dive were great but then the dive master took us around the peninsula to "**Stillwater**" Cove near **Carmel** as the bay was getting rough. That water was everything but still! I got so seasick that I missed a dive and well, lost my lunch so to speak. All I remember while waiting for the other divers is standing on the boat deck trying to cope, and looking out at **Pebble Beach** and thinking, "I should have chosen golf for my birthday!" I was so very happy to get my feet on solid ground later that day. I can only imagine what it must be like for people that are dizzy with vertigo for hours, days or even months. From what I

### The Spinal Column

Gregg C.  
Anderson,  
D.C.



understand, it's miserable. When all else fails, sometimes sufferers make it to my office and often get the help they need.

**Vertigo** is usually caused by one of three problems: Inner ear issues such as a viral infection, nerve disorders, or what is essentially a sensory mismatch or confusion where the eyes see one thing but the joint position and movement sensors in the spine say another. This is the one chiropractic can help.

A research report from the November 8, 2006 issue of the Journal of **Vertebral Subluxation Research** shows the benefits of chiropractic care for patients suffering from vertigo. In this study, 60 patients who had been diagnosed by their medical physicians as having various forms of vertigo, received chiropractic care and the results were documented and published.



**Vertigo** is a condition characterized by dizziness with a sensation of spinning. Because of the feeling of movement or rotation, many sufferers also feel nausea and can experience lightheadedness and balance problems. The diagnosis of vertigo is typically based on the symptoms of the patients as there are not specific lab tests and the patients may have a variety of situations that seem to be related. In this interesting study, the nervous system was looked to for a causal relationship.

56 of the 60 people in the study reported having some form of physical trauma prior to the onset of their **vertigo**. Of these, 25 had reported

having automobile accidents, 16 had suffered a sports injury including skiing, bicycling, or horseback riding, and 6 slipped and fell on ice. It was noted that all of the individuals suffered trauma to either their head or neck area.

Upon initial examinations of the subjects, it was reported that **vertebral subluxations** or **misalignments**, were found in all 60 patients. Analysis procedures using some fancy tests called **paraspinal digital infrared imaging** and **laser-aligned radiography**, were performed in order to have a consistent means of measuring subluxation findings and progress of correction.

Specific chiropractic care for the correction of **subluxations** was rendered to all 60 subjects in this study. The results showed that all of the patients in this study responded positively to the chiropractic care. The time frame for the responses varied from between one and 6 months. Of the original 60 patients, 48 were totally symptom free within six months. The remaining 12 patients had also shown good improvement by either decreases in severity or frequency in episodes of **vertigo**.

In the conclusion, the author of the study noted that a causal link between **trauma-induced upper-cervical** (neck) injury and the onset of **vertigo** appears to exist. Correcting the injury to the upper cervical spine with chiropractic care appears to improve and/or reverse **vertigo** disorders.

If you or one of your loved ones is suffering from **vertigo**, you may be encouraged to give chiropractic a try. It is a safe, conservative approach. Have a great month. SM

**Dr. Gregg C. Anderson specializes in comprehensive family chiropractic care at 3517 Marconi Avenue, Suite 102. in Sacramento. For more information on this or other chiropractic issues, you can reach him at (916) 485-5433 or visit his website at [www.andersonchiro.com](http://www.andersonchiro.com).**

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