

## Chiropractic Helps Vertigo (Dizziness)



*Vertigo is a common symptom in chiropractic patients, especially after head and neck trauma (whiplash), or from disturbances in the pathways to the nervous system. The experience can impact your whole world, causing nausea, vomiting, and sweating. Vertigo or dizziness can be a very disabling state to be in.*

One of the most common causes of vertigo or dizziness is *Benign Paroxysmal Positional Vertigo (BPPV)*, also called *Benign Vertigo or Positional Vertigo*. BPPV is an inner ear condition that causes brief, severe episodes of vertigo, feeling like the room is spinning. Whilst it can occur in children, the older you are, the more likely it is that your dizziness is due to BPPV. About 50% of all dizziness in older patients is due to BPPV.

### **The Causes of BPPV Are:**

- A head injury
- A severe cold or virus
- Due to ageing process
- Minor strokes
- Use of ototoxic medications e.g. gentamicin

If you are below 50 years old, the most common causes are head trauma, and whiplash from auto accidents.

## **How Can Your Chiropractor - Dr. Adam Nachmias at Nachmias Chiropractic - Help?**

First of all, Dr. Adam Nachmias, will perform a thoroughly chiropractic exam to see what your symptoms are coming from. After judging the cause of your vertigo symptoms, he will use spinal manipulations/chiropractic adjustments targeting joints that are not moving properly. In the upper neck, faulty motion patterns create misinformation about body position, and movement going from the joints to the brain. This type of vertigo, called cervicogenic vertigo, can be helped by chiropractic manipulation.

Furthermore, Dr. Adam will move you into specific positions depending on what has previously been found in the chiropractic assessment, using gravity to move the calcium carbonate crystals away into an area of the inner ear where they will cause no further symptoms.

He might also discuss your diet and daily habits to pinpoint other reasons for vertigo. Tobacco, alcohol, caffeine, and other substances, which stimulate or depress the nervous system may become triggers. And non-prescription sleeping pills or antihistamines can spark dizziness. Your chiropractor may also suggest meditation, relaxation, or breathing techniques to regain control (parts taken from: [isischiropractic.co.uk](http://isischiropractic.co.uk) & [thejoint.com](http://thejoint.com)).

***With the help of Dr. Adam you will be out of vertigo in no time. You can feel 100 percent confident putting your trust in the hands of 2015's Best Chiropractor in New York and Brooklyn! Read the experience of other patient here:***

***<http://calldradam.com/chiropractic/patient-reviews/>***

To book your appointment with Dr. Adam Nachmias, call any of our offices:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

Or book your appointment online: <http://calldradam.com/contact/book-online/>

**Stop the spinning with the help of Nachmias Chiropractic!**