

B O B B Y G I B B S

THE VERTIGO
TREATMENT



B O N U S E X E R C I S E

A S I M P L E S T E P B Y S T E P
G U I D E F O R T R E A T I N G
V E R T I G O

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The information presented is not intended for the treatment or prevention of disease, nor is it a substitute for medical treatment, nor an alternative to medical advice. This publication is presented for information purposes, to increase the public knowledge and awareness of developments in the field of vertigo and vestibular disorders.

The program outlined herein should not be adopted without a consultation with your health professional.

Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before beginning any of the exercises within this report or any other exercise or nutrition programs. This information is not a prescription. Consult with your doctor, nutritionist or dietician for further information.

Bonus: Disco Ball Exercise

Visual stimulation plays an important role in regards to enhancing the vestibular system and overcoming the sensation of dizziness. There are 2 major reflexes that need to be functioning properly to have optimal balance, fluid head and eye movements and reduce the effects of blur and visual vertigo (which is usually exacerbated when the eyes are overwhelmed with too much motion or moving objects such as fast traffic).

These 2 reflexes are known as the vestibulo-ocular reflex (VOR) and the optokinetic reflex (OKR). Both these reflexes work very closely with each other. The vestibulo-ocular reflex stabilizes eye movements whenever you make a head movement and prevents your vision from jerking. This reflex works in a similar fashion as a hand held video camera; as you're recording the video footage if your hand is moving around frequently in an unsteady manner, it will create a very jerky video. This is just like what the vestibulo-ocular reflex does; it ensures that your vision doesn't blur when you're moving your head, especially at high velocities. If you're struggling to make fast head movements, this is usually a strong indication that your vestibulo-ocular reflex needs to be trained; all the exercises in the Vertigo Treatment guide train this reflex.

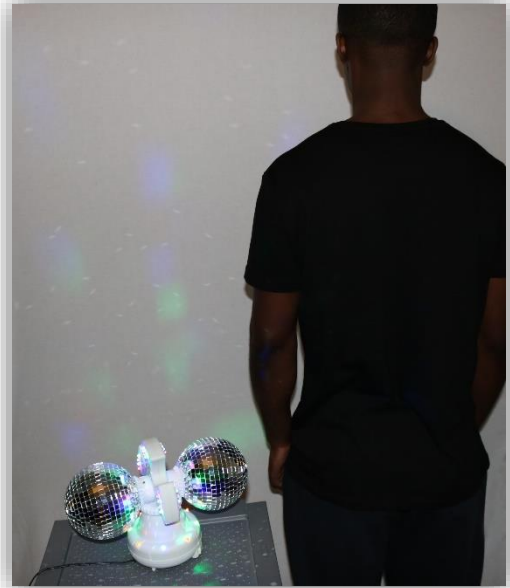
As well as that, there is the optokinetic reflex (OKR) which is also activate during head movements and when looking at moving objects (visual stimuli). This reflex is necessary to smoothly track moving objects with the eyes (done using an eye movement known as a smooth pursuit), allowing the eyes to go back to their original position using a fast eye movement called a saccade. It also helps stabilize vision and is particularly useful for making slow head movements. Training this reflex can also help with reducing any occurrences of tremors throughout the body, as it aids in making body movements more seamless and helps one to be more aware of their body.

For this exercise you will need a disco ball that rotates at a slow and comfortable speed. It will need to be elevated above ground level and away from other objects in the room; it is best to place it in the centre of the room so that the light is emitted across the room equally.

This exercise works by the disco ball producing moving spots of light across a dark room, which will allow you to be immersed within a three-dimensional environment. This is much more effective than just watching fast-moving objects on a screen, as it trains not just your eyes, but your entire body at once. The end goal is to train your eyes to become used to viewing fast objects, which will improve your balance and reduce dizziness.

THE VERTIGO TREATMENT GUIDE

- 1.) Set up and place the equipment in the centre of room.
- 2.) Turn off the lights and make sure the room is as dark as possible.
- 3.) Switch on the disco ball and select a body/standing position (e.g. sitting on a chair or standing in a normal foot position).
- 4.) Find a target or point to focus on. The target must be at around eye level on a wall. Make sure you have positioned yourself about arm's length away from the wall.
- 5.) Focus on staring at the target on the wall for 20 seconds.
- 6.) Switch off the disco ball and turn on the light.



Note: If you begin to feel extremely dizzy or overwhelmed during the exercise, discontinue this exercise. A little dizziness is normal and will decrease as you become used to the exercise.

Bonus Tips

- A.) A timer can be very useful for monitoring how long you've been staring in position. Many mobile and online apps are available for this.
- B.) To prevent the likelihood of dizziness from occurring whilst performing this exercise, you will only be doing it for 20 seconds. After 1 week or once you have adapted to this duration, you can increase the duration by an additional 10 seconds, resulting in you performing the exercise for 30 seconds. As you further improve continue increasing the duration.
- C.) Once you become good at this exercise, start to combine some of the previous exercises along with this one, such as the Distant Gaze Stabilization exercise. This will further advance your training and greatly improve your balance, vision and body movements.