

All in all, the 2016 Sydney Polio International Conference was a great success, but a number of people reported **being sick afterwards**. Whether this was from exhaustion or picking up a virus (or not washing hands often enough!) people do need to know how to cope with various ills.

This winter has been a bad one for side-effects. Many have ended up with pneumonia, and now also complaints of **long-term dizziness** - that doctors seem to have no answer for!

I recently prepared and gave a talk on **“Your Balancing Act”** which I will put in the newsletter next year. But a few items might be pertinent and timely for people right now as dizziness can last for months and months.

VITAMIN D3 - take 10,000iu - 40,000iu daily when sick

When you first get sick you need lots of Vitamin D. Research has shown that your body uses Vit D for your immune system to program specific antibodies to destroy that germ or irritant (works for hay fever too!) So when we are sick we use up all our Vit D and need lots more.

Vertigo is a balance disorder that occurs when some of the **calcium crystals** become dislodged from their location in the **inner ear**, resulting in **sudden bouts of dizziness**, a spinning sensation, light-headedness and nausea. Scientists have confirmed that **vitamin D receptors** are located on calcium channel transport systems in the **inner ear** and help to regulate proper calcium balance. So we need more D3.

Manganese

When your manganese levels are low your **blood pressure can drop** dangerously, not enough blood reaches the brain, you can become dizzy and faint. Your sense of your **position in space** is also affected when manganese is low. We have manganese chelate **200mg tablets at Polio Office**.

Potassium

Low potassium levels are made **worse with hot weather**. Heats drains your energy, you get light-headed, feel faint. **Apple or lemon juice** will revive. Use water from boiling your vegetables daily **make into soup**, to get potassium.



Vertigo - or Dizziness

- You stand up suddenly... and immediately regret it. **The world spins** and you know you've got to sit back down.
- That can happen to any of us on occasion.
- **A preceding bacterial or viral illness** is important, such as the flu or the common cold for example. These infections can localize to the **inner ear** and potentially **cause** vestibular dysfunction ie **dizziness**.
- But if it happens regularly, it's a **warning sign** of something else – because a “head rush” or dizzy spell, especially shortly after standing, is an indication of a dangerous drop in blood pressure.

What is Vertigo?

- Often people who suffer with vertigo say that they are **"dizzy"**.
- **Dizziness** can also refer to such feelings as **light-headedness, unsteadiness, wooziness, confusion, giddiness**, a sensation of being pulled, a sensation of walking on a waterbed, a floating sensation, a feeling of **being on a boat** or just getting off a **roller coaster**.
- Typically, **describing** the sensation that they are experiencing is **very difficult for most people** with balance problems.

B12 Deficient? – Hot off the Press from Second Opinion Health Alerts - 20 November 2016

Low B12 - a silent epidemic affecting at least 40% of the US population. The following symptoms are signals and should be brought to your doctor's immediate attention...

1. Dizziness

Frequent bouts of dizziness or vertigo often signal B12 stores are low; for instance, when you get up too fast from a sitting position. You may also feel dangerously dizzy walking up or down stairs. B12 injections are needed.

2. Forgetfulness

Chronic forgetfulness may indicate a deeper medical issue. Many patients suffering B12 deficiency often jump to the conclusion they have early onset dementia or Alzheimer's, especially in their senior years. B12 can fix memory loss.

3. Unexplained Fatigue

Ever had a good night's sleep followed by a day of yawning and dragging your feet? If that constant fatigue continues for days and weeks, it may be the result of B12 deficiency. Researchers from the Academy of Nutrition and Dietetics found those who felt zapped of energy even

though they get plenty of zzzzz's may be **struggling with low B12 levels**. It's due to a lack of mature red blood cell production... one of B12's responsibilities... meaning oxygen transport to your organs is lacking, causing extreme fatigue. So get some lamb's fry back in your diet!

4. Vision Issues

Spotting, blurred and double vision? Low B12 stores can lead to vision changes and actually damage vision, causing even retinal damage if blood vessels in the eye become blocked. That means you may experience light sensitivity, blurred or double vision, tracers or shadows, which all result from damage to the optic nerve. Luckily, increasing your B12 levels can help restore full vision.

5. Pins and Needles

Pins and needles (or the feeling of numbness) throughout the body when you haven't compressed any part of your body, can indicate a B12 issue. Numbness or the feeling of electric shock waves can be the result of nerve damage due to low B12 and poor red blood cell production.