

My doctor's Epley treatment worked wonders by improving my balance, tinnitus & neck, all of which suffered after removing a blocked intestine.

Most of the following was learned from my doctor at Five Cross Roads Medical Centre, Hamilton, and Googling for 'Epley'. Dr John Epley, in USA developed it in 1980. It repositions coarse particles (crystals) in the ear canals into the larger ear canals where they may no longer cause vertigo, bad balance, or other ear problems such as tinnitus. It can achieve a 95% success rate. It made my neck freer, and reduced my bad balance problem. I can now bend my head right back and look up to change light bulbs, etc., and my overall balance has improved. I had suffered bad balance since 1995, caused by allergy to gluten, and thick blood. A Cartia (half an Aspro) tablet a day helped keep blood from getting too thick, or I can drink more water and other liquids, which are natural ways. In May 2014 a blocked intestine operation made my balance very bad.

Google for -

'Epley Maneuver to Treat BPPV' first, using Chrome or Safari. It shows a crystal being moved to where it doesn't cause balance problems. Then see 'Epley Maneuver to Treat BPPV Vertigo'

There are dozens more, but others didn't add much.

I didn't know how many repeat treatments were needed. I presume it depends on the severity and success. After the first treatment by my doctor: for a minute on each side, my balance improved and my neck, head and body felt freer, but tinnitus increased, then it decreased with each of the self treatments I did each day, and is less now than for decades. I lie on my back with my head over the bottom of the bed, then I gently twist my head to the other side. Keep your eyes open all the time for someone to see if balance has been corrected. Some say hold each position for a minute, but some say each for five minutes. Afterwards, when standing up, keep your head up and chin back, and pointing upwards for as long as possible, don't look down for as long as you can avoid doing so: for at least half an hour.

I have just edited and updated this, and realised that I had not Epleyed my neck for months, and slight vertigo and bad balance was occurring, so asked my wife to do it, which is always better than a pillow. She did it for a minute on each side. I had not realised that my neck had become a bit stiff when sitting at the computer all day and until 11 pm every night writing chapters, editing, and answering emails, but my neck became completely free, and I could push my head right back and look right up without a dizzy feeling.

The body is amazing. Simple treatments such as Epley and cold compresses can be like miracles.

If Tinnitus, is a problem, it could be worthwhile doing an Epley before getting hearing aids.

Unfortunately, slight vertigo had always returned. I mentioned this to Sandi Horsburgh, owner of The Ear Room, Shop 4, Queenwood Village, Herbert Road, Hamilton, when getting my hearing aids adjusted. She became quite excited because she had previously worked on curing vertigo and helped people suffering from it for a long time. She showed me how to shake the head to free crystals which had become 'stuck'. As soon as I got home I got Auriel to 'shake' mine, and it worked extremely well, making me feel completely free of vertigo, so my balance and dizziness didn't just get better, they disappeared completely. If it doesn't work, it could need more.

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ONZM Queen's Honour in 2013, for services to farming.

Author and International Agricultural Consultant & Journalist.

99% pass at Dairying University in 1948.

NZ Dairy Board's most Improved Dairy Farm in Waikato in 1959.

Represented New Zealand at Agricultural Journalist Congresses in USA in 1992 & Austria in 1994.

Author and MD of www.grazinginfo.com since 1970, to 520 members: with 70 free spreadsheet templates and 300 chapters of practical, profitable farming for farmers and lifestylers.

There are 100 emails of thanks and Testimonials in www.grazinginfo.com. We have written 70 chapters on Human Health, to help the third of farmer members who are stressed and unwell.

NZ Marketing Institute founder and first chairman. Doubled sales, and exports for companies, including Gallagher, New Zealand, from \$3m to \$23m in four years.