

MENEIRE'S DISEASE -

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Below is a compilation of information on Meneire's Disease or Ear Ringing.

Dr. Brouse from book *Build a Better You*

Meneire's Disease- Ear Ringing

"Ringing ears is a condition that can have a number of causes related to allergies, circulation, neuro-toxicity and/or carbohydrate intolerance.

B-Complex

CarotoMax -

Zinc

Mental Acuity Plus – increase blood flow through the brain

Optiflora -put healthful bacteria into the colon which helps the body digest nutrients better)

Vita-E Complex – puts more oxygen in the blood, helps with circulation

Vita-Lea – feeds the cells

Protein – Builds healthy cells

Book: *Build a Better You*

Detrimental – Strive to decrease/ eliminate	Beneficial- Strive to increase and/or improve
<ul style="list-style-type: none"> - Avoid dairy products – generally very mucous forming - "hidden allergies and sensitivities (food &/or environmental)often trigger or aggravate condition - Smoking 	<ul style="list-style-type: none"> - 6-8 purified water daily - Essential fats- Omega-3 (Omegaguard) etc.

Meniere's Disease

<u>Essential</u>	<u>Important</u>	<u>Beneficial</u>
CoQHeart Vitamin E Alfalfa B-Complex Protein Vita-Lea	Omegaguard Optiflora OsteoMatrix Vita-C Vivix	CarotoMax Zinc Garlic Mental Acuity Nutriferon VitalMag

Recommendations: Eliminate coffee & caffeine drinks, particularly for Tinnitus (ringing of the ears). Avoid all sugars, simple carbs, hydrogenated and trans fats, alcohol, smoking. Avoid use of cell phones, headsets, cordless phones, pagers, etc. and other items the emit EMF (Electro Magnetic Fields), such as computers, video games, TV's, radios by bedside, etc. It is recommended to remove these types of items from your bedroom. All these items emit what scientists are proving more and more to be harmful, disruptive waves into our brains in particular, causing imbalance and potentially worse symptoms/ issues. Protective 'cell chips', air headsets, and other devices should be researched and used to protect yourself from EMF if you use these items. Research this entire subject thoroughly. Consider Cinch Energy Tea.

Meneire's Disease

I was diagnosed with Meneire's Disease in 1997. For two years I endured ringing in the ears, loss of hearing mostly in right ear, and occasional dizziness. I am now symptom free unless I engage in bad eating habits. Many experts believe Meniere's could be a result of a metabolic problem caused by insufficient carbohydrate metabolism like that associated with hypoglycemia. High Cholesterol, impaired blood flow to the brain from clogged arteries and poor circulation may contribute to this disorder. Drug use, smoking, trauma, and TMJ may also be involved. Eliminate the following: salt, caffeine, fatty/fried foods, sugar, aspartame, alcohol, smoking. Check for food allergies.

My Regimen:

Most important are Stomach Soothing Complex and Mental Acuity Plus. Initially I took Stomach Soothing Comp 2-3,3X and Mental Acuity Plus 1, 3X (last dose taken early, otherwise I had trouble sleeping).

The following I was already taking when I experienced symptoms, I just increased amounts:

Vita-Lea, Energizing Soy, Osteomatrix (calcium), CoQHeart, B-Complex, Vita-C, Omegaguard, GLA, Lecithin, Vita E, Alfalfa, EzGest, Optiflora, Garlic, Liver DTX, Carotomax.

(GRC Glucose Regulation Complex might be helpful, I personally have not tried it yet because I had results before it was introduced, however, anyone with high blood insulin levels might consider it).

I thank God for answered prayer. This is a very annoying condition. I consulted Carol Dalton for another problem and she told me to add Mental acuity and Stomach soothing complex to my regimen. I had been having symptoms for approximately 2 years and didn't expect that anything would work. I never did medications or surgery. I saw results immediately. I did do a drastic diet change. **Marty**

Drastic Diet Change and high levels of the supplements, especially those that increase the circulation is why he has such a "drastic" results. The body responds well when give large amounts of what it needs. After awhile, the usual doses – what is on the body will maintain the optimal health of the person. Read attached "Recommended files" for a healthy food regimen.
Heidi

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Dr. Miller,

I have a customer who has been suffering with Meniere's disease for at least three years. She takes Vita Lea and alfalfa. The alfalfa seems to have kept it some what under control (attacks are seldom and only last 15 minutes at most), however she recently had some dental work done and has had an attack every day which is lasting more than an hour. I have recommended increasing her daily alfalfa, is there anything else I can recommend for her to take that may help. Thanks for your help.

**Acuity Plus, Vita-E, Omegaguard and B complex** all help with blood supply. Most of the time this will do the job unless there are other complications.

*Dr. Bruce Miller*  
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One of my customers had a severe ear problem last year. Apparently some sort of virus settled in that area. The doctor wasn't certain it was Meniere's, but that that was a possibility. She was treated with steroids and had all kinds of tests over months. She made certain she was taking, on a daily basis, all the SHAKLEE she could afford--**Vita-Lea, Soy Protein, GLA, B-Complex, DTX, Vita-C, OPTIFLORA. But the thing that made the most difference was three Acuity**

Plus a day. If she'd run out, she could tell immediately because severe symptoms returned quickly--dizziness, disequilibrium. Unfortunately she lost her hearing in that ear, but has hope for more healing over time. I read somewhere that blood vessel circulation into the ear is a little different for some reason--so I think the Acuity Plus helps because it gets more oxygen into our systems and improves circulation, which gets movement of nutrients into the tiny, tiny blood vessels of the eyes and ears.*Shirley K*

Meniere's Disease

Several years ago I had Menieres. I suffered with vertigo many times. The first episode lasted 9 hours. Someone recommended I take a large quantity of **B Complex** which I did (12/day). I no longer have any dizzy spells. It did leave me with nerve damage in one ear.

This information is not intended to replace medical care. This information is not intended to diagnose, treat or cure.

Vertigo

Vertigo is dizziness. It is often accompanied by Meniere's disease. With Meniere's disease the inner ear which is a series of fluid filled channels is affected with what is sort of like hardening of the arteries. The vessels with in the ear cannot expand and contract to allow fluid changes and the person gets extremely dizzy or has "room swims". Vertigo is the medical term which describes this dizziness.

We have had success with people on large doses of B-complex and making sure they have alfalfa. My grandma's vertigo was so bad she couldn't stand. Of course we took her to the doctor and started on the medication the doctor recommended, but she had no success until she started on the B complex and Alfalfa. The B helps tremendously with the nausea and the dizziness. It also helps all of us with the stress of being challenged with any stressor (like not feeling good.) The Alfalfa helps normalize the fluid in the ear canal.

The test for Meniere's is very short and not painful. They will puff air into the ear canal and see how the body reacts and the pressure changes.*Debi S*

Any questions:

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