

## 35 YEARS OF UNCONTROLLABLE DIZZINESS FINALLY BROUGHT UNDER CONTROL BY CHIROPRACTIC

I woke up out of a sound sleep very early one morning to the horrible sensation of the complete loss of my equilibrium and total disorientation, followed immediately by a wave of nausea.

All I could do was lay in bed, hold on and "get sick" off and on all day until the sensation finally subsided enough so that I could get up and move around, (and then only if I walked slow and held my head perfectly still while bent over looking at the floor).

It took two or three days to slowly get back to "normal", to where I could walk erect, turn my head, drive a car, and things like that without fear of that overwhelming dizziness and nausea.

I was about 20 years old at the time of that first episode; and that scenario was to repeat itself three or four times a year for the next 35 years.

As a kid, I always had a sensitive equilibrium, and I learned very early in life to stay off the wild rides at the carnival and not to try to stand on my head or do somersaults like kids usually do or I would have to pay by being sick and woozy for the rest of the day. But nothing prepared me for these sudden bouts of extreme dizziness and nausea (with no apparent cause) that would effect my adult life.

These episodes, as I came to call them, always came on me first thing in the morning when I woke up, they were always totally unexpected, and they had varying degrees of intensity (sometimes completely debilitating, and sometimes not too severe). The dizziness would diminish over a period of one to three days, as my life would slowly return to normal.

The first few years after this 'condition' began, I went to several different medical doctors; usually after a particularly bad episode (and always when I was feeling O.K. again). Some of them would examine me and find nothing; but most simply said, "it was probably just sinus congestion or an inner ear infection", and they would write me a prescription for antibiotics or antihistamine and send me on my way. This 'treatment' never had any effect on the problem. I became discouraged and stopped going to doctors.

As years went by, and my 'condition' persisted I tried to monitor my activities, sleep habits, diet, allergies, seasonal changes, weather conditions, job stress, and anything else I could think of to see if I could find a "cause" for what was happening. But there didn't seem to be any common denominator that would give me a clue as to what it was, or why it reoccurred every three or four months.

So...eventually I resigned myself to simply accept this 'condition' as a part of my physiological make-up, and to just expect it to happen from time to time.

Then one day, my son-in-law, Rodger, happened to see me in the throes of one of my more severe episodes. Rodger suffered from back pain due to injuries from years earlier, and I had heard that he was seeing a chiropractor. He then told me that his wife (my daughter) had been experiencing dizziness very similar to mine, and that his chiropractor had been effective in helping her. And he encouraged me to go and see him, Rodger said that he would even make the arrangements for me.

You must understand at this point, that I was always one of those close minded skeptics who thought that chiropractors were just one step above witch doctors; and besides that, I was sure that there was nothing that could be done to "fix" my condition, (after all... hadn't I tried?)

Well...Rodger persisted, thank God.

He finally convinced me to give his chiropractor a try with the reasoning, that: "it couldn't hurt... and what if it works?"

The rest is history.

I got an adjustment from Dr. Doug Long that very afternoon, (imagine my surprise...a house call on a weekend afternoon). My dizziness was mostly gone in a few hours; and after a follow-up session the next day, I began a series of regular visits. Dr. Doug explained what he thought was causing the problem, and what he could do to control it (I won't begin to go into that here), but now I go in every two weeks for an adjustment to keep things running smooth, and to head off any potential problems.

I still get a little dizzy every once-in-a-while, never as often or as severe as before, and when it does happen I know that if I go right in for an adjustment I'll be better in a couple of hours.

Thanks Rodger, Thanks Dr. Doug

Don Manson