

rich in organic magnesium, real vitamin E, other fat-soluble vitamins, and sex hormone precursors (building blocks). For some individuals, the addition of *Symplex F* (for women) or *Symplex M* (for men) at a dose of three to six daily will increase response. Normally, 120 days is a reasonable test period. If after this time nothing has changed, the cause of your problem lies elsewhere.

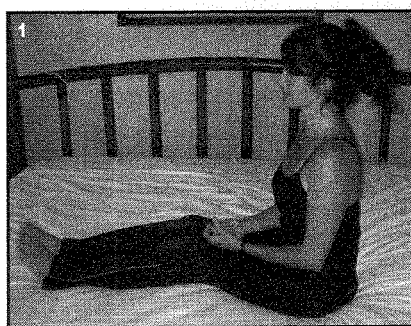
## \* TREATING VERTIGO AT HOME

If you don't know what to do, vertigo will drive you crazy and can break the bank with standard medical diagnostics. Vertigo and dizziness, with or without nausea, and with or without sudden movements, is most often caused by **prescription drugs** (heart and blood pressure drugs are the most offensive). Today there are millions of cardiac invalids teetering around light-headed, nauseous, out of balance and falling, fainting, or suffering through endless vertigo and dizziness because of their doctors.

Other causes of chronic vertigo and dizziness are wheat, adrenal insufficiency, and hypothyroid. Another major cause is misaligned vertebrae (usually in the upper neck). This is often caused by a whiplash accident. And finally, **dislodged ear rocks** are also a major cause of vertigo and dizziness. Ear rocks are debris, or tiny calcium crystals that become dislodged from a normal position and deposited into a sensitive portion of the ear canal.

Treating ear rocks should be the first attempt to resolve this problem because it is easy and free. Basically you need to do a 10-minute exercise several times daily for a week to 10 days. Most people with vertigo usually know which side or which ear is most affected. If you do not, start with the right side (**right ear**) as shown below. If no results are forthcoming after seven days, suspect the left ear and perform the exercises in reverse (see the last paragraph).

1) Start in a sitting position on your bed. This settles ear rocks in the **posterior canal** of your ear.



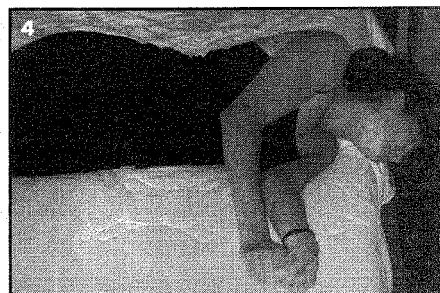
2) Lie down on your back with your head turned 45° to the right and hanging slightly over the edge of the bed (about 20°). The ear rocks will gravitate away from the **ampulla** area of the ear canal. Stay in this position until the dizziness clears, or for 30 seconds.



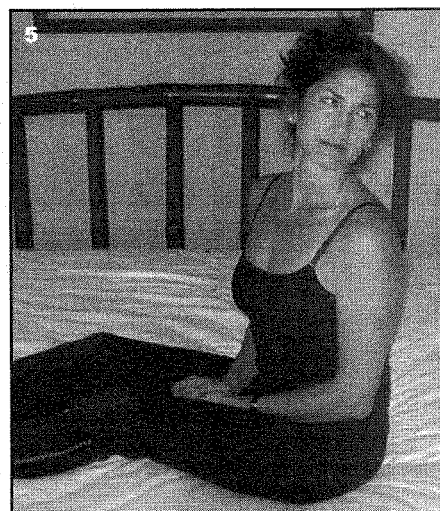
3) Now with your head still hanging slightly over the edge of the bed 20°, turn it to the opposite side 45° from center. The ear rocks move to the **apex** of the ear canal. Stay in this position until the dizziness clears, or for 30 seconds.



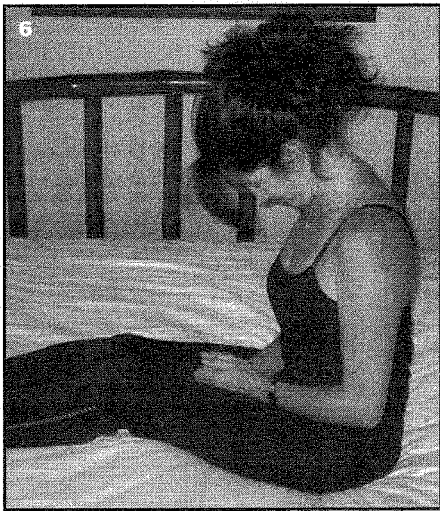
4) Without raising your head up, now roll onto your left side, facing down toward the floor. The ear rocks gravitate to the **common crus** of the ear canal. Stay in this position until the dizziness clears or for 30 seconds.



5) While keeping your head turned to the left, sit up straight. The ear rocks move through the **common crus** of your ear canal. Go directly to Position 6.



\* 6) Straighten your head looking forward and tilt your head down. The ear rocks drop into the *utricle* of the ear canal. You are now ready to start another sequence.



Perform five sequences, twice daily for seven to 10 days. In cases where ear rocks are the cause of the problem, the dizziness and vertigo will be resolved.

If you get no results in 7 days, suspect the left ear as the problem. Start the exercises again with the following changes: In #2 turn your head to the left. In #4 roll onto your right side. In #5, keep your head turned to the right. Everything else is done the same.

## VARICOSE VEINS AND HEMORRHOIDS

The best symptom relief for hemorrhoids is *arrowroot*. The best treatment for hemorrhoids and varicose veins (hemorrhoids are varicose veins) comes from the root of the *stone plant*, commonly known as the *collinsonia root*. This is even more effective than horse chestnut preparations.

This is a centuries-old remedy used by American Indians. It is the ground up root of the stone or collinsonia plant. The active ingredient in this herbal root is magnesium phosphate, which is a vascular astringent. That means that it helps maintain the proper tone in the muscles of blood vessels. Lack of tone allows vessels and veins to become enlarged and distended.

This stone-hard root is ground into a fine powder and encapsulated, using no heat or chemicals. It can routinely provide dramatic relief for people with

vein problems, varicose veins, and hemorrhoids. You just take 3 *Collinsonia Root* capsules twice or 3 times daily with a large glass of water. If you have hemorrhoids, use arrowroot for symptom relief while taking Collinsonia. Just dab some powder on a few times daily.

Most people with varicose veins and/or hemorrhoids also have a congested liver. If your vein problems are severe, you should consider adding *A-F Betafood* (3 tablets taken twice daily) and *Cyruta-Plus* (2 tablets taken twice daily) to both help you clear up liver congestion while strengthening your blood vessels. If you have varicose veins and/or hemorrhoids with a congested liver *and gallbladder problems*, you certainly need A-F Betafood, and you should consider a *liver/gallbladder flush* (see page 96).

Today medical treatment for varicose veins and hemorrhoids is far superior to earlier medical treatments. But any surgical treatment carries some degree of risk. It is always best to use the herbal protocol for 4-6 months first before undergoing surgery. And it only makes sense to treat the underlying cause, which is most often your liver, for serious cases of varicose veins and/or hemorrhoids, with or without herbs or surgery.

## KEGEL EXERCISES

You can perform the Kegel exercises to strengthen your pubococcygeus muscle (PC). This will help with leaky bladder, dribbling problems, prostate problems, prolapsed organs (including a prolapsed anus), and more. Locate the PC by contracting the muscles to stop the flow of urine. Once you have located the PC, perform exercises when not urinating by contracting this muscle for five seconds. Do this ten times, making up one set of PC exercises. Perform three sets daily for three to six months.

For more information, please go to the following web site: [www.kegelexercise.com](http://www.kegelexercise.com).