

What is the Best Way to Cure Vertigo Permanently?



[Click HERE to Discover How You Can Heal Your Vertigo and Dizziness Permanently in Just 15 Minutes](#)

Cure Vertigo Permanently - Vertigo Patient's Deadly Disease

As limiting as [vertigo](#) is, it's is considered a pretty harmless annoyance. In the worst case, it will cause broken bones after a bad fall. Right? Wrong!

In fact, it may actually indicate you are suffering from a fatal disease that is not so obvious to spot.

Chronic [depression](#) is a very dangerous disease with a high fatality rate.

Add [hyperthyroidism](#) to the mix and the results are even more devastating.

All the studies researching the connection have found that people with [vertigo](#) are more likely to suffer from [depression](#) than people without [vertigo](#).

But does the connection go the other way around? Does [depression](#) potentially cause [vertigo](#)?

This is what a group of Taiwanese researchers decided to explore. Almost all Taiwanese citizens use the National Health Insurance program for healthcare, so that was the perfect place to start.

From this database, they identified 10,297 people who were diagnosed with depressive disorders between the years of 2000 and 2009. They drew the records of a further 41,188 people that did not have depressive orders with whom to compare the first group against.

After a few years, they noticed that people diagnosed with depressive disorders were 1.55 times more likely to develop vertigo than their psychologically healthy peers.

People with both [depression](#) and hyperthyroidism had a further increased risk of [vertigo](#), which was 3.75 times more likely to occur than the healthy population.

Those with both depression and systemic lupus erythematosus together were 3.47 times more likely to develop vertigo than their healthy peers.

In other words, [depression](#) is a [vertigo](#) risk, and if it co-occurs with hyperthyroidism or systemic lupus erythematosus, the risk increases even more.

Fortunately, there is an easy way to eliminate vertigo – regardless of whether it's associated with depression. All you need to cure vertigo permanently are the simple vertigo exercises found here...

Cure Vertigo Permanently - Common Metal Causes Vertigo and Dizziness

Do you suffer from vertigo and have unsuccessfully tried everything imaginable to manage it?

Then it is possible that you are fighting a losing battle, especially with a metal that you have unknowingly been putting in your own body.

It is so ubiquitous that it is hard to avoid. But if you are aware of it, you can do so.

One of the most common symptoms of mercury toxicity is constant dizziness.

If you think that exposure to mercury is unlikely in your own life, consider these common causes, as shown by scientists in the journal publication *Current Problems in Pediatric and Adolescent Health Care*:

1. Most modern amalgam dental fillings are made of approximately 50 percent mercury and 50 percent silver. If these fillings leak or crack, you can swallow their poisonous content. This level of sensitivity to mercury is probably rare; otherwise, the majority of people would have suffered from permanent vertigo. However, it's worth replacing them with pricier gold or quartz-resin fillings, especially if you have tried everything else.

2. Large fish, like tuna and swordfish, as well as shellfish, are normally contaminated with some level of mercury, so you should never eat these more than once a week even if you really like them. If you can live without them, then it's better to eat smaller non-shelled fish.

3. It is possible that your municipal or private water supply is contaminated with mercury because of all the mercury in the soil due to industrial activities, such as coal-fired power plants, gold and silver mining, fossil fuel burning, cement production, fluorescent lamps, batteries, and measuring instruments, along with the use of mercury as an agricultural antifungal substance. This latter fact also means that some non-organic fruit and vegetables that you eat can be contaminated. An advanced water filtering system in your house may thus be a good investment.

4. Antiseptics like Mercurochrome contain it because of its antibacterial effects.

The good news is that mercury is probably not the only factor in your vertigo problems. As such, even if you can't completely cut it out, fighting the other factors may do the trick.

[That's why our specific vertigo and dizziness exercises to cure vertigo permanently have been so successful. Almost everyone who uses them has completely eliminated their vertigo. Learn more and try them out for yourself here...](#)

Cure Vertigo Permanently - Vertigo Caused By This Vitamin Deficiency

If you are prone to vertigo, with the condition occurring every few months, then a new study in the *Journal Clinical and Experimental Otorhinolaryngology* may have the answer.

Apparently, if you lack one common type of vitamin, it increases chronic vertigo risk by 50%.

The best part is, getting this vitamin is dirt cheap and you can get it everywhere.

In this study, the subjects were patients who were diagnosed with benign paroxysmal positional vertigo (BPPV) between June 2014 and April 2016.

Each of the subjects was observed for at least 24 months following the first diagnosis to see whether their vertigo would return.

Their vitamin D levels were also measured at the beginning and the end of the study.

To backtrack for a second, remember that benign paroxysmal positional vertigo is caused by small calcium crystals that have accidentally fallen into the semi-circular canals inside your inner ear where they irritate the nerve hairs that send balance information to your brain.

Typical treatment involves head movements to move these crystals out of these semi-circular canals so that they will stop interfering with your balance.

After performing a range of statistical tests, the researchers found that those with low vitamin D in their blood had an 18 percent greater chance of their vertigo re-occurring after 12 months, and after 24 months, there was a 50 percent greater chance than those whose vitamin D level was found to be normal.

You can obtain vitamin D from various types of food, supplements, or directly from the sun.

For more ideas to cure vertigo permanently, watch this video - [**Vertigo Exercises - Easy Exercises Permanently Eliminate Vertigo**](#)

[**But if you want to try the easiest and most effective way to tackle all types of vertigo, test-drive the vertigo exercises found here...**](#)

This post is from the Vertigo and Dizziness Program, which was created by Christian Goodman. This is natural vertigo treatment program created for people who are looking for the most effective vertigo home remedies, that utilizes the power of exercises to permanently eliminate vertigo symptoms.

This will help to eliminate tension and improve your blood flow and balance. From this Vertigo Relief Program, you will learn to strengthen your tongue, achieve whole-body balance, relieve tension and enhance your overall well-being.

To find out more about this program, click on [Cure Vertigo Permanently at Home**](#)**

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