

# What do I do? -the attacks are debilitating and my life is wildly unpredictable now!

Start with these **Five key strategies** towards managing your Menieres condition

A free information report from 'The Sunday Herbalist' – Reputable professional information



You are vomiting – dizzy and unbalanced – cannot hear clearly and all you want to do is sleep.

**Here are five key strategies towards reducing attacks in your life**

## 1. Coffee Tea Chocolate consumption

Do you regularly drink these beverages? Enjoy their taste, have a habit of regularly consuming them? The bad news is they contain substances which can affect your condition (changing fluid balance in the ear) – good news there are good alternatives.



Wean yourself off – Yes, I know, easy for me to say – It took me a year to go off tea (never a big coffee drinker) Even the decaf version you will need to go off. Please learn from my hard-won experience. This action took me a couple of years. The best method for achieving this is to find an acceptable substitute to replace your favorite drink here,

So, there are a range of herbal teas & Rooibos tea all actually quite healthy.

For Coffee – try cereal based coffee substitutes such as Caro – Bambu - Dandelion coffee substitutes. Preferably without sugar – but that is a story for a later time.

It's a change in taste you need to become accustomed to. This is no time to be woos!

Chocolate – the best substitute here is Carob widely available in Health food stores and sometimes supermarkets. Yes, there is a sugar element but if you keep consumption to a treat level rather than a grocery staple you will be OK.

## 2. Salty food

Salt is another component in food that will affect your Menieres. It's not just the salt shaker on the table it's the levels of it in your processed food. Everything from bread to packet sauces tinned vegetables it goes on and on. The key level is no more than 120 milligrams per 100 grams of food. This is set out on the nutrition chart on the package.



My nemesis here is the nasty cheap black olives often used in pizzas – the salt level in these items must be something incredible as they bring an attack on for me every time. Once again salt affects fluid balance in the body attracting water into your tissues.

Use your glasses and hunt for this. Trying to consistently find food below 120mg is difficult. Go for as low as you can find and research better choices. Like the Tea Coffee chocolate step this is a change in your taste buds.

## 3. Adequate rest – Sleep – relaxation - Rest time

Getting enough hours per night, I would suggest minimum 8 hours – more if you need it. Afternoon naps count as well. Especially after severe attacks you are worn out. The brain trying to sort out all of the sensations happening re vertigo balance hearing and sight uses a vast amount of energy.



Having a safe quiet - no disturbance zone for your bedroom is critical. You need this place to retreat to when ill with this condition. It is key.

You may need to create your own special room, make whatever changes are necessary. If you are in a relationship your other half needs to get this – you are not being difficult or fussy this is basic survival. You do not have the energy to have to deal with someone else asking questions 'are you alright? – do you need anything?'

'excuse me I have to use the room' etc. Have a safe area out of the way of everyone else – it may be the spare bedroom – the study – the granny flat wherever.

#### 4. **Hearing Aids** – dealing with sound fluctuations tinnitus or just plain not hearing clearly

Say hello to your new best friend the Audiologist. You need their professional assistance and expertise for this one. This is not a time to go cheap - like buying the \$50 hearing assistance device from the magazine or the in-house box store supermarket hearing aid center.



DO NOT EVER accept hearing loss without seeing a professional reputable audiologist –Whatever it costs it is worth it. Hearing aids are high tech and you need the professional back up of a trusted expert to help you. The professional who says you only have 10% loss it's not worth a hearing aid is misleading you – I have heard those stories. Myself I delayed too long getting a hearing aid – luckily my ear adapted well when I did. It's the old adage if you don't use it you lose it so the hearing nerves can deteriorate through not receiving the right messages and your degree of hearing recovery with an aid is lessened.

Also, if you are in the working world M-F you need this device for your interactions with fellow workers, meetings classes and just plain ordinary life.

#### 5. **Acceptance**

Cultivate this ability because your days activities, plans, program, list of to do items can go out the window in few minutes. Your family and work area need to know this so educate them simply & plainly on what this involves. Good days Bad days sometime for no know reason to yourself for anyone else. If an attack or episode occurs roll with it. Resistance is futile and only adds to the already considerable stress of the moment. Get yourself home as safely as you can even if someone needs to drive you. Have those fallback options already in place because you have talked to family friends and work mates, already haven't you?

Rest up – take any prescribed medication etc. and wait it out as best you can. Let people know simply and clearly what is going on for you and why. I am having a Menieres attack I will be out of action for xx hours or the rest of the day/week. I am unable to drive – work or carry on my normal routine. Don't beat yourself up shit happens – you need to ride this one out and gather your strength.

So here you have five basic areas where appropriate action can make a world of difference.

I am still managing my condition on a daily basis and will do so for the rest of my life. I sincerely hope the information above has been of help to you. If what I have written helps you then may I ask a favour? - I am currently writing a book on managing Menieres from the point of view of the sufferer trying to live their life. It will record all of my rich and hard-won

experience plus that of other sufferers. The book is designed to help all those people diagnosed with this condition learn as much as they can. All of the information left out by the medical authorities (not deliberately- they have not experienced it or had their head in the toilet bowl) new perspectives on what living with this condition is like and most importantly proven actions to take that will improve your quality of life.

If you would like to be surveyed (completely confidential and anonymously) about your Menieres experience please contact Christopher via email [sundayherbalist@gmail.com](mailto:sundayherbalist@gmail.com)

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