



**Almost everyone knows what it means to “feel dizzy.”**

Whether from low blood sugar, a very light breakfast, fatigue, or too much sangria, nearly all of us have experienced this sensation of unsteadiness. However, experts admit that 40% of the population visit a doctor with dizziness or vertigo of uncertain origin. This month, we've dedicated our issue to this fairly common condition. You'll see how Chiropractic can help in this case as well.

On page 3, enjoy our summer game. And don't miss “The Myth of Meat” in our Sweet Tooth Corner on the last page.

**Happy Reading!**

Dr. Kinnison

## DIZZINESS AND VERTIGO

Millions of people suffer from balance disorders that they describe as dizziness.

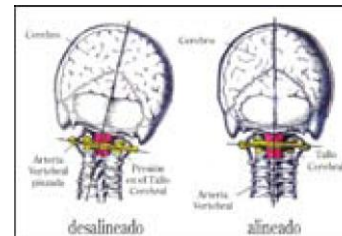
The difficulty, both for the patient and the doctor, is that the term *dizziness* is **subjective** (meaning that a word like “dizziness” can be used by people to describe different sensations they are experiencing, but at the same time it is hard for someone without symptoms to understand or measure the nature or severity of those sensations). Another challenge is that people tend to use different terms to describe the same kind of problem. *Balance problems, dizziness, imbalance, and balance disorders* are all terms often used interchangeably.

For some people, dizziness is a feeling of unsteadiness or a sensation of spinning. Dizziness may be a fleeting feeling or a prolonged and intense symptom of a wide range of health problems that can affect independence, the ability to work, and overall quality of life. Given the many different ways it can present itself and the many causes behind it, dizziness in any of its forms (vertigo, imbalance, instability, etc.) can limit social and work

activities and reduce quality of life for those who suffer from it. In addition, dizziness increases significantly with age, along with the risks of disability and falls that it implies.

Balance disorders can also cause other health problems, including fatigue, difficulty walking, or loss of interest in daily and recreational activities. If you—or your child, a family member, a friend, or a coworker—has a balance problem, take it seriously.

### SYMPTOMS ASSOCIATED WITH VERTIGO



The most common reasons for medical consultation due to dizziness are usually characterized by the association of a group of symptoms and clinical signs known as **vertiginous syndromes**, which allow doctors to differentiate between them, thus making diagnosis easier.



Paleness



Cold Sweating



Sensation of Movement of Objects



Alterations of Body Movement (Lack of Motor Coordination)



Excessive Salivation

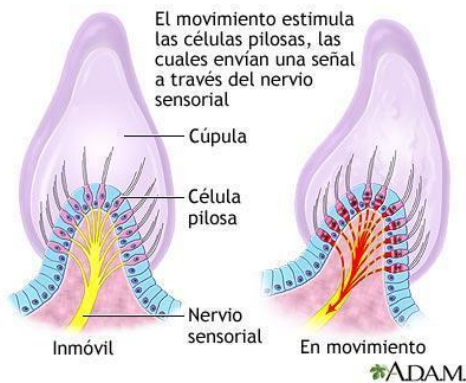


Nausea



Exhaustion / Weakness / Feeling run down

## WHAT HAPPENS AT THE PHYSIOLOGICAL LEVEL?



Rotational movements of the head cause the fluid in the cupula of the semicircular canal to “tilt” the hair cells, which in turn send a signal to the brain that the person is experiencing “movement.”

Vertigo can occur when these hair cells are still sending signals of movement, even though the person may be perfectly still, creating the illusion of movement.

## AND WHAT ABOUT CHIROPRACTIC IN ALL THIS?

### WHEN A VERTEBRAL SUBLUXATION OCCURS AT THE LEVEL OF THE 1st CERVICAL VERTEBRA

The **brainstem** is subjected to constant pressure directly on the **balance center**. This causes that center to remain permanently stimulated, keeping the mechanism described above **continuously activated**.

Through a **specific adjustment of the upper cervical vertebrae**, the chiropractor removes this pressure, restoring the **connection between the brain and the rest of the body**. This allows for **better function** and an **optimal performance of the entire organism**.

### CHIROPRACTIC CARE HELPS WITH VERTIGO

A study published in the *Journal of Vertebral Subluxation Research* on November 8, 2006, demonstrated the benefits of chiropractic care for patients suffering from vertigo. In this study, 60 patients diagnosed by their physicians with vertigo received chiropractic care, and the results were documented and published.

Of the 60 patients, 56 reported having experienced trauma before the onset of vertigo. Of these, 25 had been in a car accident, 16 had sustained injuries

from sports such as skiing, cycling, or horseback riding, and 6 had fallen on ice. It was also noted that all of these patients had experienced either head or neck trauma.

After a thorough examination (using thermography and X-rays for greater accuracy and reproducibility), it was reported that all 60 patients in the study presented with vertebral subluxations.

The chiropractic care provided to all patients was very specific. The results showed that 100% of the patients responded positively to chiropractic care. The time it took for them to experience improvement ranged from one to six months. Of the 60 patients, 48 were symptom-free after six months. The other 12 patients also reported improvement in the intensity and/or frequency of vertigo episodes.

In conclusion, the study’s author noted that there is “a link between upper cervical injuries caused by trauma and the onset of vertigo. Correcting this cervical spine injury through specific upper cervical chiropractic care improves and/or resolves vertigo problems.”

*Fuente: Journal of Vertebral Subluxations Research, November 6<sup>th</sup>, 2006*

### “Effects of Acupuncture, Cervical Adjustments, and NSAID Therapies on Dizziness and Cervical-Origin Head Postural Problems: A Pilot Study.”

#### Single-Subject Experiment Conducted in Fourteen Consecutive Patients

The effects of acupuncture, spinal adjustments, no therapy, and percutaneous NSAID application on kinesthetic sensitivity, dizziness/vertigo, and pain were studied in patients with dizziness/vertigo of presumed cervical origin. The ability to reposition the head relative to the trunk was also assessed.

**Objectives:** The effects of different forms of therapy, compared to no therapy, were evaluated in terms of dizziness and neck pain using a 100 mm visual analog scale (VAS).

**Results:** Active head repositioning in patients with dizziness was significantly less accurate compared to the control group. Spinal adjustments were the only treatment that reduced dizziness/vertigo complaints during the previous seven days and increased cervical range of motion. Both adjustments and acupuncture reduced dizziness/vertigo on the VAS scale and had a positive effect on active head repositioning. Ketoprofen percutaneous applications and acupuncture alleviated pain.

**Conclusions:** The results of this study suggest that spinal adjustment may have the most effective impact on the complex process of proprioception and dizziness of cervical origin.

**Source:** Department of Otolaryngology, Northern Sweden University Hospital, Umea, Sweden. Agosto 2000. Heikkila H, Johansson M, Wenngren BL.

# THE MYTH OF MEAT

## Is It Really Essential to Eat Meat?

Today, with the wide variety of foods available, eating meat is more of an unnecessary myth than a true necessity. But what about iron, protein, and vitamin B12 — are they found only in meat, or can we obtain them from other foods?

These six points can be used to counter any argument with people who eat meat and do not respect those of us who don't. The data are real and taken from specialized journals on the subject.

### 1. Complete, High-Quality Protein

Meat provides all essential amino acids in a bioavailable form, which is harder to achieve with some plant sources alone.

[https://pmc.ncbi.nlm.nih.gov/articles/PMC8305097/?utm\\_source=chatgpt.com](https://pmc.ncbi.nlm.nih.gov/articles/PMC8305097/?utm_source=chatgpt.com)

### 2. Rich in Bioavailable Micronutrients

**Heme iron** (from meat) is more easily absorbed than non-heme iron from plants.

[Frontiers+2ScienceDirect+2](#)

**Vitamin B12, zinc, selenium,** and others are abundant in meat.

[Healthline+2PMC+2](#)

Meat fills nutrient gaps more efficiently, especially in groups at risk of deficiency (elderly, children, pregnant women).

[https://www.frontiersin.org/journals/nutrition/articles/10.3389/fnut.2025.1525011/full?utm\\_source=chatgpt.com](https://www.frontiersin.org/journals/nutrition/articles/10.3389/fnut.2025.1525011/full?utm_source=chatgpt.com)

### 3. Supports Muscle and Tissue Repair & Mass

The protein in meat supports muscle synthesis, helps preserve lean mass during caloric restriction, and aids recovery from injury. <https://www.news-medical.net/health/What-Are-the-Positive-Health-Effects-of-Eating->

[Meat.aspx?utm\\_source=chatgpt.com](#)

### 4. Greater Nutrient Density per Calorie

Meat gives you more nutrients for fewer calories compared to many plant foods that must be consumed in higher volume to match the micronutrient yield.

[https://www.frontiersin.org/journals/nutrition/article/s/10.3389/fnut.2025.1525011/full?utm\\_source=chatgpt.com](https://www.frontiersin.org/journals/nutrition/article/s/10.3389/fnut.2025.1525011/full?utm_source=chatgpt.com)

### 5. Evolutionary & Functional Role

Historically, meat has been part of the human diet for millennia. Some argue its role in supporting immunity, skin, bone health, and overall vitality leans on this heritage.

[https://academic.oup.com/af/article/13/2/11/7123475?utm\\_source=chatgpt.com](https://academic.oup.com/af/article/13/2/11/7123475?utm_source=chatgpt.com)

### 6. May Improve Nutrient Status When Diets are Restricted

In diets that reduce or eliminate meat, the risk of deficiencies (iron, B12, zinc) may increase, especially if not properly managed or supplemented.

[https://www.frontiersin.org/journals/nutrition/article/s/10.3389/fnut.2025.1525011/full?utm\\_source=chatgpt.com](https://www.frontiersin.org/journals/nutrition/article/s/10.3389/fnut.2025.1525011/full?utm_source=chatgpt.com)