

# Paulina Medical Clinic

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## Vertigo/ Dizziness/ Light Headed

Please read the [Introduction to the Therapeutic Pages](#)

### Useful OTC remedies:

Glandula Suprarenalis (Adrenal) 6x	Physical and/or emotional exhaustion
Antimonium crudum 6x	When the metabolic forces predominate; a state of constant somnolence accompanies the light headedness; the nervous system needs to be strengthened;
Argentum nitricum 6x	Associated with claustrophobia
Arnica 6x, 30x	Post trauma, post shock;
Arsenicum 6x	Lightheadedness accompanied by a sense of tiredness; refreshes the astral body
Aurum 30x	Dizziness and inability to hold on to thoughts; a general sense of cardiovascular imbalance
Belladonna 30x	Accompanied by a sclerotic tendency; cramped soul life;
Bryonia 6x	Aggravated by motion (motion sickness), postural vertigo when going to upright position
Carbo 30x	Air hunger
China 6x	With ringing in the ears in people that are tired, who have lost a lot of energy through travel, illness, anemia, loss of body fluids, etc
Conium maculatum 30x	Positional vertigo when lying down and turning head
Cuprum 6x, 30x	Hypertension
Ferrum met 6x, 30x	Anemia,
Gelsemium 6x	Associated with visual disorders and trembling
Lachesis 30x	Left sided symptoms, improvement after bowel movement or copious urination; claustrophobia or feeling of constriction
Mercurius 30x	Spiraling feeling; labyrinthitis
Natrium muriaticum 30x	In individuals with pronounced salt cravings
Phosphorus 30x	When the Ego needs strengthening such as after emotional shock; improves "in-breathing"
Plumbum mel 30x	When vertigo or lightheadedness is an early sign of arteriosclerosis
Silicea 30x	Accompanied by stinging, prickly feelings especially in the abdomen; dry mucous membranes
Stannum met 30x	Neurological complaints; arthritic complains in neck area
Strophantus kombe 6x	Stress, cardiac complaints

Sulfur 30x	In overeaters; drowsy and lightheaded after a meal
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Directions for Use (For potentized remedies, general principles):

Globules: For best results place globules under the tongue for 30 seconds. Adults-3-5 globules 3 times a day. Children 2-12 years-1-3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider. For acute use 3-5 globules can be taken every half hour several times (as directed or until symptoms resolved). If need to be taken chronically once a day is appropriate. For specific cases follow the instructions on the product label.

Liquids: instructions same as above; 1 globule=2 drops

### Nutritional Supplements/Topical Remedies

Blackthorn Tonic	Weak cardiovascular system
Hawthorn Plus	Weak heart causes dizziness when exerting oneself
Melissa (lemon balm in Clear & Calm)	Lightheadedness accompanied by anxiety, restlessness; psychogenic syncopal episodes not attributable to other organic causes.
Neck Oil	Neck complaints
Real Arnica Oil	Topical help after trauma causing vertigo
Recovery Tonic	Weakness after illness
5M Trace Minerals	General over all remedy to help the spiritual organization incarnate better into the lower organization

Directions for use: follow instructions on the product label.

Ross Rentea MD

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***Ross Rentea MD is Medical Director at the Paulina Medical Clinic and responsible for R & D at the True Botanica company.***

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