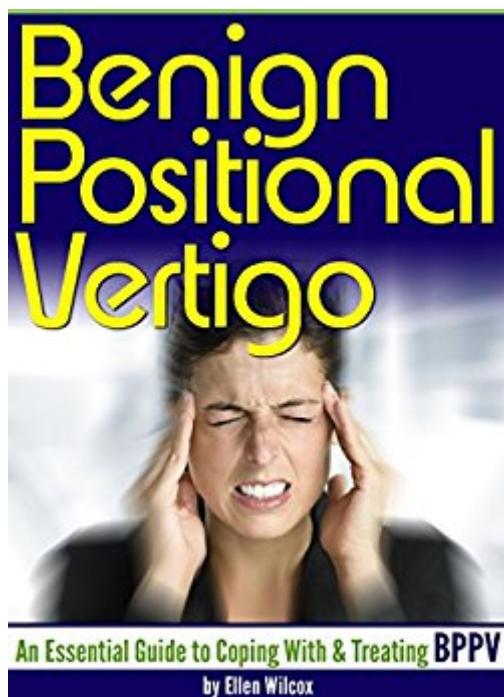


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Benign Positional Vertigo: An Essential Guide To Coping With And Treating BPPV



Synopsis

If you want to better understand Benign Positional Vertigo and learn how to combat this condition, then this book is for you! Read on your PC, Mac, smart phone, tablet, or Kindle device. Benign Positional Vertigo (BPV) or Benign Paroxysmal Positional Vertigo (BPPV) is the most common cause of vertigo. It causes mild to intense dizziness as a result of a disturbance in the inner ear. Although this condition is far from serious and shouldn't be a cause for tremendous worry, it still must be dealt with and mitigated because it can be quite burdensome and uncomfortable. How does BPV develop in a person? Did this come as a genetic gift from your parents? And will you pass it on to your children? How is the condition diagnosed? Can it be treated by medication? If so, which kinds? What can be done to manage BPV? Will a doctor recommend therapy or surgery? These are but few of the questions you will surely want answered if you suspect you have BPV. Throughout this book, I will answer all these questions and more. While it is not my intention to dispense medical advice (that's your doctor's job, and you should see him/her right away if you suspect any potentially serious medical issues), it is my belief that I can help you better understand exactly what this condition involves, including details on possible treatment options, in an easy-to-understand format. Here Is A Preview Of What You'll Learn... The Causes and Symptoms of Benign Positional Vertigo, Different Diagnostic Tests for BPV and How to Prepare, Various Medical Treatment Options, Home Remedies and Management Techniques for BPV, How to Ease Episodes and Prevent Recurrence, Important Management Tips, Much, much more! Download your copy today!

Book Information

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Customer Reviews

From symptoms and prevention, to treatment options, this guide has it all! This introductory guide takes you through the process of identifying this condition and understanding it better before taking action. Information is knowledge and this author does a great job informing. Something for everyone to learn in this book that I recommend to you. Nice Job!

If you know someone who has this condition and want to help that person, this book will help a lot! It will give you a lot of useful and important information about BVP, from its symptoms and prevention, to its various medical treatment options and anything you need to know about the subject. A well written book, highly recommended!

Having had an episode recently, I found this book very helpful, and actually it calmed my fears on vertigo. The book has some excellent exercises to prevent future episodes as well. The key is to get your Doctor to actually diagnose BPV, and to make sure the vertigo is not being caused by some other issue or condition. Those ear crystals can create havoc as we age.

More than anything else, this book has made me grasp a better understanding of Benign Positional Vertigo. It is a very profound and detailed book that reading it will make you comprehend BPV better and will open options for you too. The topics discussed here are so helpful and info loaded that you will be enlightened. I find the discussion on the easing episodes and prevention of BPV techniques very essential, not only for those who have Vertigo but also for those who have loved ones affected by it.

This handbook is a one of its kind book for those desiring information on dizziness and vertigo. It is clearly and understandably written. It provides information of conditions causing vertigo, diagnostic characteristics, thoughts about treatment, psychological sequelae of living with the unpredictability of vertigo. This book really helps me a lot, since my child has this disorder. So this book is well worth the cost for me, and I highly recommend it.

Interesting information about BPV. From time to time I find myself a bit dizzy, not really knowing why, and decided to dig around a bit when I found this book. I'm not yet 100% sure whether that's what I have but it was a good read nevertheless, because it included good information for people with general dizziness.

Excellent read. Also a quick read but has all the necessary info you need. I like the step by step maneuvers. After having a severe episode of Vertigo and violent vomiting, I ended up at the ER. After a CT, replacement of liquids and observation because of having an intravenous drip containing valium because the vertigo was so severe, medication to stop the nausea and medication to stop the spinning, I was released 8 hours later. Two days later I saw a head and neck trauma nurse and The Epley maneuver was applied, I am feeling much better.

This book was accurate with what my doctor told me. The exercises were difficult to remember from what the doctor told me verbally and the book described the same exercises and also showed the positions in pictures. Very helpful.

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