



Overcoming Meniere's Disease: A Practical Guide

Randy Crane

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Meniere's disease is a disorder of the inner ear that causes those diagnosed with it to suffer all manner of problems with their equilibrium. It is sometimes hard to diagnose correctly and its symptoms vary in intensity from patient to patient. At its worst, Meniere's disease causes dizziness, tinnitus, nausea and attacks of vertigo that can last hours. For those suffering from Meniere's disease, it greatly diminishes their quality of life. Randy Crane was diagnosed with Meniere's disease in 1994 and has seen its effects at their worst. First he let the disease torment him until the stark realization that he could not continue living under those terrible conditions--never knowing when the disease would completely disable him. He had followed his doctor's orders but his condition did not improve. The situation had to change. He became a consummate scholar of his new ailment. He has studied this disease and learned what works and what doesn't from fellow sufferers. Over the years, Randy has gleaned the best from Eastern and Western medicine. This book of practical advice consists of a compilation of those findings. The onset of Meniere's disease can be a frightening and stressful situation. It is an incurable disease that is not well understood. It can indeed rob you of your life if you let it. The good news is that this serious disease is manageable and you can reclaim your life. Through proper measures, the symptoms of this disease can be controlled and even eliminated. This book serves as a guide to those who suffer from Meniere's disease providing a set of healing tools to help manage its symptoms. This easy-to-follow program includes both traditional and complementary medicine. Through supplements and changes in attitude, diet and lifestyle, you truly can overcome Meniere's disease. Included are guidelines to help you select a physician who can help you on your road to recovery. Also Included is a resource section of books, websites, and organizations to help you keep up on the latest findings of Meniere's disease. This book shares not only the formula Randy has applied to manage Meniere's disease but also treatments that have been successful for others. Learn from the book, eliminate the symptoms of Meniere's disease and enhance your over-all well-being.

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