

[Is Dizziness And Vertigo Just All In Your Head?](#)

The inner ear is thought to be the main source of proper balance. The fact is, a number of body systems are working together to keep us balanced and upright, and if one of these systems malfunction, it can lead to dizziness, vertigo, and imbalance. In the end, the brain is the one in-charge of balance. It relies on input from the inner ear, the eyes, certain muscles, tendons and joints, and even blood circulation in maintaining balance.

It's common knowledge that an inner ear disturbance can cause problems with our balance. There are five delicate canals inside the inner ear that are affected by any directional change. Three canals are in charge of changes in rotation. Two canals are in charge of change in front to back, up and down, and side to side movement. The brain makes use of the information given by these canals to keep us oriented as to where we are in relation to the space around us.

The eyes also have two systems that interact with the brain about balance. One is the pursuit system, which allows us to focus objects using the eye's central visual receptors. The other is the saccadic system, which locates items in our peripheral vision and speeds up our eye movement so those objects are brought into our central field of vision. Problems that affect the eyes, like cataracts, also affect our balance.

The third system that participates in helping us keep our balance and prevent dizziness involves the muscles, the attaching tendons, and our joints. They contain receptors that respond to changing pressure and position.

Proper blood circulation is important for balance. Every time we make position changes, like from sitting or lying down to standing up, blood vessels contract to keep blood from pooling in the lower body. The vessels in the neck and lower part of the brain offer low resistance to the blood the heart pumps out regularly, which allows a continuous supply of blood to reach the brain.

The brain makes use of all the feedback it receives from all these systems to control balance and it does this automatically. When we run or jump, our eye position instantly adjusts so the environment doesn't jump around or shift position. If we trip over something, our muscles automatically adjust because the brain sends signals so we are able to recover before we actually fall. And for many activities we repeat a lot, our brain learns to recognize the pattern and actually anticipates the next move.

Of course, it follows a natural progression that if our muscles are too tensed, and does not allow enough blood to the brain, or if the oxygen in the blood that reaches the brain is not enough, our sense of balance is compromised and we suffer from dizziness or vertigo. Quality of life can be affected by these dizzy spells.

I've developed a simple exercise program to address dizziness and vertigo caused by muscle tension in the head, neck, and shoulders that prevents adequate blood from reaching the brain. My Vertigo and Dizziness Program will strengthen those muscles and increase our oxygen intake through easy breathing exercises.

You can cure your dizziness by using my Vertigo and Dizziness Program, as fast as overnight. The exercises are simple, easy to learn and takes only a few minutes a day to do, but the results will be for a lifetime.

Warm regards,

Christian Goodman

About the Author

Christian Goodman is a well known natural health researcher and the creator of the [alternative health](#) blog. His latest work is the [The Vertigo And Dizziness Program](#), which has now helped thousands of people cure their dizziness naturally.

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