



From the Desk of  
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## Home Remedies for Vertigo

### 1. A Good Night Sleep

Lack of sleep is one of the reasons that lead to vertigo. Therefore, sleep well, and most of your problems will go away.

### 2. Coriander Seeds

Take 1 tablespoon of coriander seeds and soak them in water along with 1 tablespoon of gooseberry powder. Do this in the night and strain it in the morning. After straining, add half tablespoon of sugar and drink it right away. This remedy will treat vertigo naturally.

### 3. Almonds and Watermelon Seeds

Watermelon seeds and almonds are really great for vertigo. Soak together 8 almonds, 8 watermelon seeds, 2 tablespoons of wheat grain and 1 tablespoon of poppy seeds in water for the whole night. In the morning, make a thick paste of all the ingredients. Now, put a pan on the flame and add 1 tablespoon of ghee. Fry 2 cloves in it and add the paste that you made. Mix this paste in the milk and drink. Repeat this procedure for a week. This will help you to get relief in vertigo.

### 4. Lemon

Prepare a lemon beverage. Take a glass full of lukewarm water, add black pepper, a pinch of salt and squeeze half lemon in it. Mix well and drink it. Else, sprinkle lemon peel in your salad. Lemon is a natural remedy for vertigo.

### 5. Water and Juices

Keep your body hydrated. You should drink at least 10 glasses of water on a daily basis. Drink fresh and organic juices as they are rich in fibers.

## 6. Strawberry

Grab some fresh and ripe strawberries and mash them in fresh yogurt. Have it. This is a very quick, healthy and easy homemade remedy for those, who are suffering from vertigo.

## 7. Ginger

Drink ginger tea or eat a piece of raw ginger. This will help to control nausea, associated with vertigo.

## 8. Basil

Basil is a herbal remedy for vertigo. You can either chew basil leaves or add them in your tea.

## 9. Almond Milk

Almond contains 26% carbohydrates, vitamin E, vitamin B, and fibers. Take some almonds and soak them in water, overnight. Now, make a fine paste and mix this almond paste in a glass of lukewarm milk. Drink it. Almond milk will help to cure vertigo.

### Tip 1:

Soak in water 2 tbsp wheat grain, 1 tsp poppy seeds (khus-khus), 8 almonds, 8 watermelon seeds and make a paste. Heat 1 tsp ghee, fry 2 cloves in this, add to the paste, mix with milk and drink everyday for a week.

### Tip 2:

Soak 1 tsp of amla (gooseberry) powder in water along with 1 tsp coriander seeds. Leave overnight. Strain and add 1/2 tsp sugar and drink.

### Tip 3:

Try to relax your body and make sure you have enough sleep because lack of sleep can aggravate vertigo and cause sudden dizziness and nausea.

### Tip 4:

Have a healthy diet that contains vitamins and minerals and sprinkle some lemon peel in your salads.

### Tip 5:

High intake of liquids such as juices and water keeps your body hydrated.

### Tip 6:

Avoid sudden jerks and movements that lead to imbalance while getting up from the bed.

### Tip 7:

Take a piece of raw ginger and add to your tea or just chew a piece of ginger. It helps to control your blood pressure and reduces headache and nausea.

### Tip 8:

Vertigo first begins with nausea and headache. As soon as the symptoms begin take a bit of salt, black pepper and lemon juice in a glass of warm water and drink to prevent a bout of vertigo.