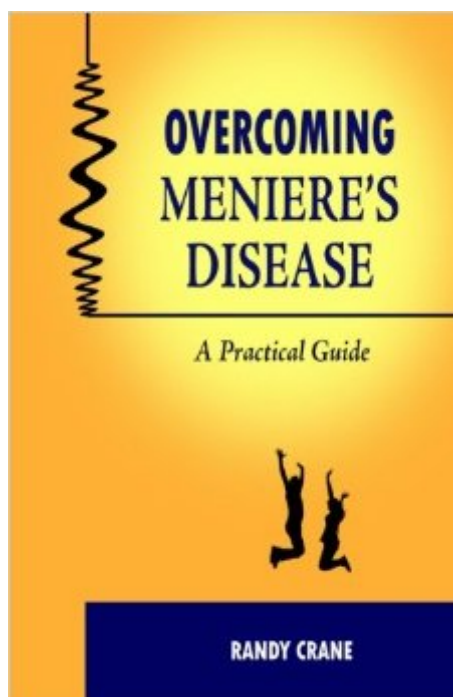


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# Overcoming Meniere's Disease: A Practical Guide



## Synopsis

Meniereâ€™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, Meniereâ€™s disease causes dizziness, tinnitus, nausea and attacks of vertigo that can last hours. For those suffering from Meniereâ€™s disease, it greatly diminishes their quality of life. Randy Crane was diagnosed with Meniereâ€™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 doctorâ€™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 doesnâ€™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 Meniereâ€™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 Meniereâ€™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 Meniereâ€™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 Meniereâ€™s disease. This book shares not only the formula Randy has applied to manage Meniereâ€™s disease but also treatments that have been successful for others. Learn from the book, eliminate the symptoms of Meniereâ€™s disease and enhance your over-all well-being.

## Book Information

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## Customer Reviews

(Update 10/26/14: I would like to report that I have been symptom-free for almost one year, following the advice of Randy Crane in "Overcoming Meniere's Disease." I continue to take the eight vitamin supplements below. Please share this information with anyone you know who suffers from this hideous disease. You will perform a miracle! Thanks again, Randy!) This is one of the most important books I have ever read because, quite frankly, it saved my life. I have suffered with Meniere's Disease since Thanksgiving weekend 2009. By Thanksgiving weekend 2013, I wondered if I was ever going to live without vertigo attacks. Randy Crane's book was the impetus to start using the "John of Ohio" regimen of supplements ([...]). In the two months since, I have been symptom-free, except for tinnitus, which is greatly reduced, and I can live with that since the background noise of life overpowers it for the most part. If you or anyone you know suffers from the devastating effects of Meniere's, I urge you to consider this book as a valuable resource to regain a normal life. Traditional American medicine does not recognize the value of vitamin supplements. My doctor told me nothing about the eight items I now take on a daily basis: (1) Lemon Bioflavonoid (2) Vinopocetine (3) L-Lysine (4) Beta 1,3 Glucans (5) Ginkgo Biloba Extract (6) C-2000 Complex C (7) E-400 Vitamin E (8) Methylsulfonylmethane (MSM). There are said to be many causes of Meniere's, and I think mine is related to a virus or bacteria in the inner ear. The "John of Ohio" regimen eliminated my vertigo attacks and restored my mental clarity. I feel like my old self, and that is a very good thing. Randy Crane, thank you for sharing your experience. I owe you one!

I read the book from cover to cover, hoping that by some small miracle that the next page would contain some useful information that would help me contain the beast known as Menieres that had consumed by being.....Although,there were a couple useful tid bits, for the most part it there was no new information.....Keep your hard earned money, go back to the Dr and get the shots, quit drinking/eating foods that contain salt and caffine, take a daily dieuretic pill and you will get it under control.....I would not recommend this book.....

My father had been suffering from Meniere's disease for months having attacks multiple times a week. He drives for a living and watching him go through the intense frustration of living with Meniere's was horrible. I started buying up anything I could find to figure out how to help him. I ordered this book for him and after skimming the first few pages he actually felt like there was hope in managing his symptoms. He didn't follow the plan to the letter but he did make certain changes and it truly changed his life. He now has an attack only every couple of months and he rebounds a lot quicker than before. It's a must buy for anyone trying to cope with this miserable disease.

This book was very practical. My wife has Vestibular Hydrops and most of the advice is helpful. The author mentions possible therapies in the book and supplements that can help the healing process. I highly recommend this book. There is a lot of information packed in it's 101 pages. Books like this give us hope that we can at least keep this awful disease under control.

After reading this book, I seriously doubt that Mr. Crane has Meniere's. If that's the case it's easy to overcome the disease. He wrote that he drove his car home while having a vertigo attack. That's impossible for many reasons, but the biggest one is nystagmus. He also wrote about going hiking while ill. I don't think so. I really didn't find much here that I thought was worthwhile;

Having suffered off and on with Menieres for 13 plus years and two ENT Drs, this book has given me more hope in the first 10 pages then I have ever had. Thank you, thank you, thank you.

Again, I think this is another good book for those who are new to Meniere's. Instead of having to go through the hassles of trial-and-error, this book will hopefully guide the reader to already learned experiences. Meniere's is a really difficult disease, and most physicians know nothing about it. Therefore, it will be totally up to the sufferer to educate themselves on the disease.

I bought this book for my husband. He had done a lot of research on the internet on Meniere's Disease with which he was diagnosed last year. We bought the book after he had his first episode in a year. The book pulled together all the helpful information that was on the internet so now we had it in single, succinct place. One piece of extremely helpful information was in the book that was not on any internet site that had been viewed. It was to sit quietly in a darkened room. That advice made a difference in recovery rate and comfort.

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