

“This is your **“Fast Track”** to improving your *vertigo, balance, inner ear condition, pain issues* and other *woozy symptoms!*”

Be warned, the side effects maybe  
***“Optimum Health & Well-Being!!”***



Many people may wonder how and why eating a certain kind of food would have any connection to our balance, inner ear or pain problems. Why would any of these possibly go together?

Here's a quick example to help understand the connection – *What if we took the best car engine and put all kinds of harmful materials into the gas tank like; disruptive liquids (contaminated gasoline) and anything else that could wreak havoc on the engine causing it to operate at less than its optimal performance.*

Yes, you guessed it; it would not function properly and would eventually “break down”. This is exactly what happens to our bodies when we ingest poor quality foods and beverages. We are depleting our bodies of the fuel it needs to operate at its optimum levels as well as creating stress in the body affecting a variety of important functions including the ***vestibular system, (aka inner ear!!), immune system, respiratory system, muscles, joints, etc...***

Therefore, we have created this list of **FOODS** to help you facilitate optimal health, speeding up your healing process during the course of therapy.

In fact, many conditions are often caused by an infection (viral or bacterial pathogens). These pathogens could continue to be a limitation in your process of recovery. So with that in mind, we would like you to be aware of food that **CAN** support your body in doing its job in the most **effective way**; Decreasing and controlling any pathogens that might be irritating your inner ear or pain problems. Additionally, it is vital for you to know what foods to AVOID that could be **FUELING** those **PATHOGENS** causing delays in your progress with our program. For more nutritional information reference - **Medicalmedium.com**

*Let's stay in balance together!*

*Sincerely,*

*Thomas Patullo, AP, OTR and the Wuzi Team*



***"Let thy food be thy medicine and medicine be thy food"***

***--by Hippocrates***

# **WOOZINESS, VERTIGO AND BALANCE PROBLEMS**



**“Causes of Balance Problems” can involve multiple physiological systems:**

- Inner Ear (Vestibular)
- Central Nervous System (neurological)
- Cardiovascular
- Metabolic (thyroid/cholesterol /diabetes)
- Autoimmune Disorders
- Orthopedic Problems
- Trauma (injury)

**“Some Types of Inner Ear Problems” (Vestibular Disorders)**

- BPPV (positional vertigo)
- Labyrinthitis
- Vestibular Neuritis
- Meniere’s Disease
- Cervicogenic Dizziness
- Vestibular Migraine
- Acoustic Neuroma (8th cranial nerve)
- Age – Related Dizziness
- Perilymph Fistula (PLF)
- Mal de Debarquement
- Ototoxicity

# WHAT'S AT THE "ROOT" OF THE PROBLEM?

The Primary issue is "INFLAMMATION!!!"



What could be causing "INFLAMMATION??"

- ✓ PATHOGENS
- ✓ TOXINS
- ✓ HIGH FAT LEVELS IN THE BLOOD
- ✓ DEHYDRATION
- ✓ GLUTEN

# WHAT CAN YOU DO TO OPTIMIZE RECOVERY?

## # 1

### AWARENESS

Be aware of pathogens, they feed on certain foods and toxins and then excrete chemicals that cause damage in the body.

Causing the following:

#### **(VIRAL)**

- Influenza Virus
- EBV (Epstein Bare Virus)
- Herpetic Virus
- Cytomegalovirus
- Shingles

#### **(Bacterial)**

- Streptococcus
- Haemophilus (pneumonia)
- Psedomonas
- Moraxella
- Staphylococcus
- Salmonella



## IN SIMPLE TERMS...



- It is easier to explain now that the world has been impacted by a global pandemic.
- This can be a good thing if we wake up and become aware that these pathogens exist and are causing us harm with the advent of the Corona Virus (Covid19) in particular. The world has been devastated by the aggressive nature of this pathogen.
- Well unfortunately, there are many other pathogens to be aware of that can specifically cause us harm, chronic illness, autoimmune disorders and of course injure your inner ear, but don't fear, Knowledge and Awareness is power!
- You just have to understand what's happening and how awareness about nutrition can give you the power to optimizing your immune system and minimize pathogen damage to the body.

# #2

## TOXINS



- Heavy Metals
  - Chemicals
  - Pesticides
  - Petrochemicals
  - All forms of Vinegar
  - **Food Additives:**
    - Artificial Sweeteners
    - Citric Acid
    - MSG
    - Natural and Artificial Flavors
    - Nutritional Yeast
    - Preservatives
- ❖ Clearly it would be vital to your health to avoid toxins of all kinds  
Therefore, applying the proper nutritional regiment is the key to helping  
your body eliminates past, current and future exposers of any and all  
pathogens, bacteria and viruses.

# #3

## HIGH FAT INTAKE



- High fat foods place a heavy demand on the kidney, liver, gallbladder, heart and pancreas.
- Animal fats in particular cause the digestive systems to work extremely hard. Often these fats are combined with sugar which then overloads the systems pushing the organs to a point of exhaustion.
- In addition, it is important to keep in mind that the use of good fats should be sparingly. Though the right plant based fats are much easier on the body, however in excess they also cause the body to work harder and can interfere with effective toxin elimination.



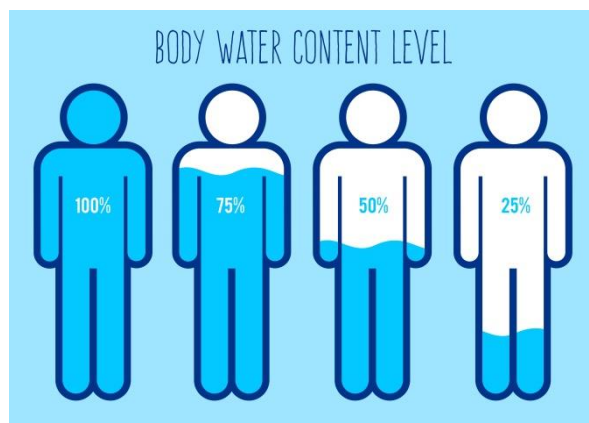
## FATS TO AVOID OR MINIMIZE



- **Pork** – (in all forms)
- **Eggs** – feed virus and other pathogens
- **Dairy** – clogs up the liver and lymphatic system and feeds pathogens causing mucus.
- **Industrial food oils** – (canola, Palm, corn, soybean, safflower oils).

# #4

## DEHYDRATION



This may not seem to be an obvious issue. Many believe they are getting enough hydration. However, to truly heal we must get high levels of clean hydration to flush the waste materials out of the body.

- **Here are a few simple tips to help!**
  - Avoid excess salt intake
  - Drink lemon or lime water (1<sup>st</sup> thing in the morning and thought the day).
  - Begin and maintain a regular juicing program. In particular drink **CELERY JUICE** 15-30 minutes after your morning lemon/lime water, or by itself.
  - Eat primarily fresh fruits and vegetables / not cooked), as they are packed with super hydration.
  - Avoid soft drinks and all processed foods. They contribute to dehydration and toxins to build up in the body.

# #5

## GLUTEN















- Most of you may have heard that “Gluten” is a big topic in the nutritional world.
- Unfortunately, it has become another food that feeds pathogens.
- Modern day bread products made from wheat and other mass produced grains also have other chemicals, preservatives, and additives which cause inflammation by feeding the pathogens.
- Read labels and seek out “**Gluten Free**” grains. It is vital to understand how to choose wisely to get maximum benefits.
  - Avoid Corn and soy products as replacements. They are typically genetically modified foods that expose you to contamination from the process of development and production.
- Turn to **Millet/Rolled Oats/ Quinoa or Rice** as replacements for Gluten enriched foods.










# **FOOD FOR LIFE!!**

**Below is a basic list of foods to get you started in the right direction. A mostly plant based diet is your path to rapid recovery!**



**❖ Feel free to add any fruits, vegetables and plant based foods to this list and enjoys vitality and optimum health!!!**

<b>CELERY</b> 	<b>Strengthens hydrochloric acid in the gut and provides mineral salts to the central nervous system. Juicing on an empty stomach kills pathogens and neurotoxins.</b>
<b>WILD BLU BERRIES</b> 	Help restore the central nervous system and flush out neurotoxins out of the liver.
<b>SPROUTS</b> 	High in zinc and selenium to strengthens the immune system against pathogens.
<b>ASPARAGUS</b> 	Cleanses the liver and spleen, strengthens the pancreas.
<b>SPINACH</b> 	Creates an alkaline environment in the body and provides highly absorbable micronutrients to the nervous system.
<b>CILANTRO</b> 	Removes heavy metals such as mercury and lead, which are favored foods of pathogens and neurotoxins.
<b>PARSLEY</b> 	Removes high levels of copper and aluminum which feed pathogens and neurotoxins.
<b>COCONUT OIL</b> 	Antiviral and acts as an anti-inflammatory. Also great for skin and hair care. Excellent for dry skin. Can be applied for surface skin burns.
<b>GARLIC</b> 	Antiviral and antibacterial that defends against pathogens and neurotoxins.
<b>GINGER</b> 	Helps with nutrient assimilation relieves spasms associated with pathogens and neurotoxins.
<b>RASPBERRIES</b> 	Rich in antioxidants to remove free radicals from the organs and bloodstream.
<b>LETTUCE</b> 	Stimulates peristaltic action in the intestinal tract and helps cleanse pathogens and neurotoxins from the liver.

<b>RAW HONEY/MAPLE SYRUP</b> 	<p>Has trace minerals to support Central Nervous System (CNS), and pathogen fighting properties.</p>
<b>PAPAYAS</b> 	<p>Restore the central nervous system; strengthen and rebuild hydrochloric acid in the gut.</p>
<b>APRICOTS</b> 	<p>Immune system rebuilders that also strengthen the blood.</p>
<b>POMEGRANATES</b> 	<p>Help detox and cleanse the blood as well as the lymphatic system.</p>
<b>GRAPEFRUIT</b> 	<p>Rich source of bioflavonoids and calcium to support the immune system and flush toxins out of the body.</p>
<b>KALE</b> 	<p>High in specific alkaloids that protect against viruses in a variety of pathogens and neurotoxins.</p>
<b>SWEET POTATOES</b> 	<p>Help cleanse and detox the liver from pathogens and neurotoxins.</p>
<b>CUCUMBERS</b> 	<p>Strengthens the adrenals and kidneys and flush neurotoxins out of the bloodstream.</p>
<b>FENNEL</b> 	<p>Contains strong antiviral compounds to fight off pathogens and neurotoxins.</p>

**Reference [MedicalMedium.com](http://MedicalMedium.com)**



## BASIC SUPPORTING HERBS AND SUPPLEMENTS



### BOOSTER OF ALL SYSTEM FUNCTIONS

**Celery**

**Juicing celery daily 1<sup>st</sup> thing in the morning on an empty stomach will boost your healing on all levels regardless of your current condition!!**

#### IMMUNE SYSTEM

**Echinacea**

**L-Lysine**

**Olive Leaf Extract**

**Zinc**

**Cat's Claw**

#### LIVER FUNCTION

**Milk Thistle**

**Globe Artichoke Leaf**

**Dandelions**

**NAC**

**Turmeric**

#### ANTIOXIDANT

**Resveratrol**

**B-12**

**Alpha Lipoic Acid**

#### MUSCLE AND JOINT

**Magnesium (glycinate)**

**MSN**

**Boswellia**

#### GREAT SLEEP

**Melatonin**

#### NERVOUS SYSTEM

**Selenium**

#### HEART AND ENERGY

**Q-10**



## **FOODS TO AVOID OR MINIMIZE -- These foods feed pathogens which can be affecting your inner ear and overall health!**

- **Eggs**



-- high in fat and cholesterol, fuels pathogens

- **Pork**



-- high in fat, slows down liver function

- **Red Meat / Poultry**



--high in fat, clogs the arteries making blood flow restricted

- **Dairy**



-- high in fat, sugars, and fuels pathogens

- **Gluten**



--fuels pathogens

- **Soy**



-- feeds pathogens and gmo products fed to animals

- **Corn**



--feeds pathogens and gmo products fed to animals



- **Excessive Salt**



-- causes water and toxin retention

- **Caffeine / Chocolate:**



-- dehydrating and stress the adrenal glands

- **Industrial food oils**



- -- (canola, corn, soy, safflower oil) many of these oils are irritants to the gut and have the potential to feed pathogens.

- **Alcohol**



--excess is hard on the liver which makes the healing and detoxification process difficult.

- **Fish**



-- high in mercury (heavy metal levels) and other toxin. Unfortunately, because of the pollution in our environment, fish which has historically been an excellent food is now becoming more toxic to us, not just with heavy metals (mercury), but also with other industrial waste products (nuclear fallout, dioxins, herbicide and pesticide run off just to name a few). If you love fish stick to small amounts of:

- Wild salmon
- Trout (fresh water)
- Sardines

Also, be careful when ingesting concentrated FISH OILS. Given that even if claims are **"Mercury free"** we have to question if this removal process is actually good for us.



## **REFERENCES AND SUPPORTIVE**

### **INFORMATION**

1. "The Game Changer" (Movie on Netflix or Amazon Prime)
2. "Forks over Knives" (Movie on Netflix or Amazon Prime)
3. "What the Health" ( Movie on Netflix or Amazon Prime )
4. "The Invisible Vegan" ( Movie on Netflix or amazon Prime )
5. "Vegucated"
6. "Fat Sick and Nearly Dead"
7. [www.medicalmedium.com](http://www.medicalmedium.com) (nutritional & chronic illness related information)

***"Let thy food be thy medicine and medicine be thy food"***

***--by Hippocrates***