

**Confidential Report:**  
**SECRETS OF**  
**BALANCE DISORDERS**  
**REVEALED!**

**Local Doctors Reveal The Shocking Truth  
About Getting Rid Of BALANCE PROBLEMS, FEAR OF  
FALLING, LIGHTHEADEDNESS, WALL AND FURNITURE  
WALKING, DISEQUILIBRIUM, AND DIZZINESS FOREVER!**

**Read This Special, FREE Report To  
Find Out What Your Friends, Family, Or  
Even Your Doctor May Not Know About  
How To Eliminate DIZZINESS, VERTIGO,  
LIGHTEADEDNESS, THE FEAR OF FALLING, AND  
BALANCE DISORDERS Once And For  
All... Without Drugs Or Surgery!**

Keep reading this special report to find out about the natural methods to ending your misery that even your own doctor may not know about! Inside this FREE report you'll discover:

-- Why going to your doctor **IS** a good idea to rule out a pathological cause of BALANCE DISORDERS (caused by a tumor or stroke) BUT when your BALANCE DISORDER is NOT caused by pathology and you are NOT responding to medications

or exercises.....**IT IS TIME TO LOOK ELSEWHERE!**

-- Why 90% of inner ear surgeries are unnecessary and unsuccessful!

-- What you don't know about using medications CAN hurt you! (watch for side effects!)

-- The most successful treatment of chronic balance disorders doesn't involve any drugs or surgery!

-- What to do right now if you suffer from ANY type of balance disorder! And much more!

**WARNING:** Chronic, long-lasting balance disorders, lightheadedness, disequilibrium and dizziness/vertigo (a.k.a. BPPV) is an oft-mistreated and potentially disabling disorder that affects the lives of **millions** of Americans each year. That's the bad news. The GOOD NEWS is that you may not have to continue suffering! Keep reading this report to find out the well-hidden truth you won't find anywhere else!

Dear Friend,

Since you requested this Special Report, you or a loved one may be suffering from balance disorders - a horrible condition that strikes millions of Americans each year. **Balance disorders can be defined as a fear of falling, dizziness/vertigo, disequilibrium, wall or furniture walking, lightheadedness, room or head spinning, or stumbling.**

What we're going to reveal inside this report may show you how to finally rid yourself of balance disorders without drugs or surgery! Be sure to read everything - it may be the most important thing you've read in a long time!

Before we get started, do you ever find yourself asking any or all of these questions:

- Why do I have a balance disorder?
- Why doesn't it simply go away?
- Why can't I just be like normal people?
- How bad can this balance disorder get?
- Will I eventually be confined to a wheelchair or my bed?
- Will I ever be able to live the life I used to?

See, if any one of these problems or concerns is affecting the quality of your life, then you need to finish reading this report right now! Why do we say this?

Because you may discover how to get on a path where your pain and suffering can be relieved quickly, naturally, and affordably!

**Nothing Is Worse Than Feeling Great Mentally, Wanting To Take In All Life Has To Offer...Only To Have Your Natural Enthusiasm and Drive**

## Squashed Because Your Balance Disorder Just Won't Go Away!

Right?

Isn't it sad to feel so alive and full of vigor, and not be able to do all the things you want because your balance disorder is so pervasive, so intruding, and so unfair? Don't you feel downright angry because this problem, these symptoms, just won't go away?

If you do, it's only normal. After all, who wants to be burdened with carrying a load of discomfort and living life through an all-encompassing fog of balance disorders? A balance disorder that's always there when you stand up, sit down, lie down, or bend over. A balance disorder that's always rearing its head, no matter how hard you try to ignore it.

It's natural for people to try to tough it out and get on with their lives. 'If I ignore it long enough, it will go away...' Unfortunately, this isn't the case. Ignoring your balance disorder will only make it worse over time. What was only a mild balance disorder a month ago may become a chronic, crippling balance disorder years down the road.

See, the bad thing about any balance disorder is that it sneaks up on you. The real cause of the balance disorder that you're feeling right now may have happened years ago. It may have been such a small injury you may not have noticed it. Or maybe you felt a slight light-headedness, but it went away after a day or week so you didn't think anything of it.

And slowly, over the years, as you continued to do your normal activities, that problem has secretly gotten worse and worse without you being aware of it. After a time, the straws slowly built up until one day they broke the camel's back. Maybe what finally put you over the edge was that heavy chair you tried to lift, or that time you bent over too quick, or any one of a hundred things.

Whatever it was,

### The Fact Is You Are Suffering From A Balance Disorder And You Don't Have To Suffer Anymore!

So what do you do? What choices do you have? See, you wouldn't have requested this special report if you weren't experiencing some type of balance disorder. We know you may have already tried getting some relief from over-the-counter drugs, or you may have met with your private doctor and he prescribed Meclizine.

*Let me share with you the story of a woman named Emily.*

*Emily is a thirty-year-old mother of two who works as a project manager with a local corporation. For the past few years, Emily has suffered from a mild lightheadedness that would flare up from time to time. Since it had always gone away after a day or so, she knew that if she toughed it out, she would be okay.*

*One day, in a rush to get the kids to daycare before work, Emily tried to pick up her 4-year old the same way she's always done it. But this time was different. She felt like the world was spinning – something she had never felt before.*

*Emily felt dizzy all day. She tossed and turned all night, but no matter how she laid down, the dizzy feeling would not go away. Finally, at 2 AM, she sent her husband to the store to find a*

*medication that would help her sleep.*

*Right away she felt better, but she'd have to take another couple pills every few hours because the dizziness would come right back as soon as the pills wore off. After a couple weeks, she was taking more pills more often just to keep the dizzy feeling away so she could get on with her life.*

*After two months of taking the drugs, Emily realized that she was no better off and that she just didn't feel like the same pleasant person she'd always been. Out of desperation, Emily went to the family doctor she had been seeing since she was ten. He had to know how to get rid of her dizziness once and for all!*

*After a brief conversation in the exam room, the doctor told Emily she had an inner ear problem. He gave her a pat on the head and a prescription for Meclizine. "Take a couple days off," he said. "Relax, stay in bed. You'll be back to yourself in no time. If it gets worse, come back in and we 'll try something else."*

*Emily stayed in bed for two days, taking more and more pills just as her doctor instructed. But things didn't get better. In fact, they only got worse.*

**Most doctors will treat YOUR balance disorder with medications or exercises, and if those treatments don't work, they will probably tell you to... "LEARN TO LIVE WITH IT!"**

What Emily didn't know was that her doctor was never trained to detect or diagnose the real cause of her vertigo. In fact, most doctors have no idea how to treat someone with balance disorders. It's just not their specialty. And since they have no background in this area, they make improper diagnoses and deliver improper treatments that just don't work.

You see, your medical doctor may have diagnosed your condition as an "inner ear problem," which it could be. *However*, a large cause of dizziness is due to a decreased firing of the Cerebellum and not simply "an inner ear problem." The Cerebellum is the back part of the brain which controls your balance and movement. When there are decreased impulses in the Cerebellum, you will experience a balance disorder. Please understand that the inner ear AND the Cerebellum are CONNECTED by the vestibular branch of the 8<sup>th</sup> cranial nerve and...

**Unless The REAL Cause Of Your Balance Disorder (i.e. the Cerebellum) Is Treated, You'll Never Get Better!**

Emily didn't know about any of this, just like you may not have. But because you now have this knowledge in your hands, you won't have to suffer like Emily did.

*Soon enough, Emily was back in the doctor's office feeling worse than ever. She and her husband seemed to be fighting all the time, and her relationships with her kids were no better. Her four-year-old now referred to her as "mean mommy." If the doctor can't help her, she won't know what she should do.*

*The doctor told her that physical therapy would be the answer. He told her he knew a great therapist, and before she knew it, her life would be back to normal.*

Don't get us wrong. Sometimes physical therapy can help tremendously. Head exercises or Epley's maneuver does work, and we even use it in our office with certain balance disorder patients. In some instances, we've even sent some of our own patients to a physical therapist when we thought it was necessary. Unfortunately, when it comes to most cases of balance disorders, medications or exercises simply don't work!

## In Mathematical Terms:

**Wrong Diagnosis + Wrong Treatment = YOU WITH A BALNCE DISORDER!**

You see, the reason behind this goes all the way back to your doctor's ability to diagnose the true cause of your balance disorder. If your doctor cannot clearly identify what's causing your balance disorder, then the instructions he gives to the physical therapist don't stand a chance of working. It's like trying to bake a cake with the recipe for chocolate chip cookies.

Most medical treatments for balance disorders only focus on removing symptoms. For instance, medications may make you feel better for a short time, but the balance disorder will still be there when they wear off. Also, you are left open to potentially dangerous side effects. Other treatments, such as head or eye exercises, are ineffective because they stem from a misdiagnosis. That is to say, your doctor could be treating the wrong side of your body.

*After two months, Emily returned to her doctor in tears. Her life was a wreck. She was a mere shadow of the woman she once was. She could no longer **sit** straight in her chair without feeling dizzy. Sometimes the dizziness made her feel sick to her stomach.*

*Her doctor sat down beside her and put his hand on her shoulder. "Emily, I've done all I can. I'm going to refer you to Dr. Smith. He's a surgeon who's worked with cases like yours before. He's had some success stories you may find interesting, although I can't promise that he'll be able to cure you. You may just have to learn to live with some dizziness for the rest of your life..."*

Believe it or not, these words are spoken all around the country every day. Maybe they've even been spoken to you. To have a surgeon cut you open is a pretty drastic decision. You know you don't want this option. There are too many questions: What if they're wrong? What if my problem doesn't go away? What if it gets worse?

These things happen all the time. In fact,

## Inner Ear Surgery Is Often The Most Ineffective Form Of Treatment for Balance Disorders!

And to top it all off, each time you go under the knife, you need to face the small but potential risk of going under anesthesia and getting an infection!

Listen! You may not have to live with this! You DO have other options! You may not have to be on sleep-inducing drugs to keep the balance disorder under control! You may not have to get used to feeling like you are a drunken sailor. You should not have to alter your lifestyle because of your disorder!

There is a better option! And luckily for Emily and YOU, it's about to be revealed. You're about to...

**Discover One of The Safest, Quickest, And Most Successful Treatments Of Balance Disorders To Date...**

This is the most advanced, scientifically correct treatment there is. You see, this method doesn't just sweep balance disorders under the rug, it treats the REAL cause of your condition. Because the source of your balance disorder is being taken away, you'll quickly be out of the woods, possibly permanently! Like any truly advanced form of healing, this method works with your body's own natural healing powers (that's right, with some help your body can take care of itself!) to put you back to where you were before you were ever dizzy!

Isn't that how healthcare should be delivered in the first place? Don't you agree?

Our names are Dr. Brad Ralston and Dr. Lucas Gafken, and we are a few of Indiana's only Carrick-Trained Chiropractic Neurologists. We have been trained to correct the problems that are causing your balance disorder fast, and if possible, permanently. You can go to our website and watch a FREE video on dizziness/vertigo at [www.chironeuroindy.com](http://www.chironeuroindy.com)

Now, don't think that because my methods are non-drug and non-surgical they are old-fashioned or low-tech. No way! What we're talking about is a very sophisticated natural protocol to treat the problems in your cerebellum and inner ear that you have developed and can't get rid of. Just because we don't cut you open and view the back part of your brain under a lens, doesn't mean what we do isn't at the forefront of healthcare and won't dramatically enhance the quality of your life!

**We've been treating victims of balance disorders, just like you, for over 13 years – this stuff just plain works!**

There's something you've got to keep in mind. We are dedicated to changing the lives of balance disorder sufferers here in the Indianapolis area. This is what we do. This is our calling. This is what we know forward and backward.

We've got over 13 years of experience helping balance disorder victims quickly and naturally without drugs or surgery.

**We've Got Over 13 YEARS Of Clinical Experience In Treating Balance Disorders To BACK UP**

**What We're Telling You Right Now! What We Do Is Scientifically Correct And Proven By Over A Thousand Patients Who Used To Suffer...And No Longer Do!**

Odds are, we've seen and helped people with the same exact problem you suffer from right now. (Without drugs and surgery, don't forget!)

See, unlike some doctors, and possibly even your friends or spouse, we understand exactly how you feel.

We don't think your balance disorder is "in your head" or that you're "exaggerating." We don't think it's something you need to get used to or learn to live with. **No!**

We know how bad you feel. We know how horrible it is to have a lingering balance disorder that you can't get rid of. We know how it feels to not be able to do the activities you used to love or to tell a child "Mommy can't do that with you right now."

When you explain your problems to us, we're not going to downplay them just because they don't appear on the surface or easily show up on an x-ray.

We're not going to feed you lines like "you're just going to have to learn to live with it." And we're not going to scare you into undergoing risky and expensive procedures for one of the most common conditions in the country...

## BALANCE DISORDERS!

*Two days before her surgery was scheduled, Emily bumped into an old friend from high school while shopping for groceries. It wasn't long before she was crying on her friend's shoulder explaining everything that she'd been through with her dizziness, her kids, her job, and her husband.*

*Concerned, her friend Jessica explained that a Chiropractic Neurologist had treated her husband a year before, and soon enough he was as good as new. The Chiropractic Neurologist sat down with Emily and listened to her story. He explained a little about the same method we're telling you about. Immediately her eyes lit up and she was eager for me to do an on-the-spot exam to find out what was really wrong with her. After a quick and painless Electro-nystagrophy Test, he spotted a couple problems with her eye movements, and from there we designed a Recommended Action Plan to get her out of pain quickly and safely without drugs or surgery.*

*We're happy to tell you that now Emily has her life back. She's been free of vertigo for six months now and she reports that she's feeling fantastic!*

We're not going to make you feel like there's something weird or wrong with you. You're not going to have to feel like you have to be guarded or cautious when you explain your ailments to us. We WANT you to unload your feelings, concerns, and fears so we can help you get better! WE UNDERSTAND.

While we can't brag about being able to treat every condition out there, we do brag about being one of the leading authorities in the treatment of balance disorders in the entire Midwest!

When you have a suffering marriage, for example, instead of going to the bar and covering up your pains and problems with alcohol, you should consult with a counselor specializing in spousal relationships. Similarly, when you have a balance problem, you should get help from a health care professional who only focuses on problems such as yours, someone who is experienced in finding and fixing the problem, not covering it up. Does that make sense?

**When YOU Have a Chronic Balance Disorder, You NEED to be calling OUR OFFICE ASAP!**

At this point, you may be asking..."Sounds good but what do YOU do to fix it? What makes YOU different from all of the other doctors that I have seen?"

Answer...WE TREAT VERTIGO PATIENTS WITH A 2-PRONGED PROGRAM...WE TREAT THEM NEUROLOGICALLY AND METABOLICALLY!

**#1: COMPLETE NEUROLOGIC TESTING WITH EWOT (Exercise with Oxygen Therapy):**

**OXYGEN**... your brain and nervous system need TWO things to survive: FUEL and ACTIVATION. Activation comes from the treatments that are listed below. Fuel comes in the form of OXYGEN and glucose. You get the glucose from the food that you eat, which is

why it is important to eat a healthy diet. **AS YOU AGE, YOUR ABILITY TO UTILIZE OXYGEN DECREASES.** One of our treatments is to give patients oxygen to increase their body's fuel delivery system. It's called EWOT or Exercise with Oxygen Therapy and it's like gas in the car... if you don't have any gas in the car, you are not going anywhere. If you don't have oxygen available for your brain and nervous system, most likely, no treatment will work!

**UNILATERAL ADJUSTING**... the right brain controls that left side of the body and the left brain controls the right side. If there is a decrease of firing or impulses in one side of the brain, **WE ONLY WANT TO ADJUST YOU ON THE OPPOSITE SIDE.** Makes sense, doesn't it? Also, **WE WILL ONLY USE VERY LIGHT ADJUSTING SO YOU WILL NOT GET WORSE!** Have you ever had an adjustment and felt worse afterward? It is because the adjustment was **TOO MUCH** for your nervous system. It over-stimulated, or (get ready for another \$3 term that neurologists use) it "exceeded metabolic capacity."

**AUDITORY STIMULATION**... listening to sound in one ear will stimulate the opposite side of the brain and increase impulses.

**OLFACTORY STIMULATION**...smelling different scents will stimulate the brain. Your sight, sound, taste, and touch all travel through a sensory area of your brain called the thalamus. **SMELL GOES DIRECTLY TO THE BRAIN.**

**CALORICS**... warm water in the ear will stimulate the semicircular canals in your ear and fire the vestibular nerve back to your Cerebellum. The Cerebellum fires to the brain, the brain fires to the lower brainstem (ponto-medullary region), and your lower brainstem slows down the upper brainstem (mesencephalon).

## **#2: COMPLETE AND THOROUGH METABOLIC TESTING:**

1. **AUTOIMMUNE DISORDERS:** Has your doctor specifically checked you for an autoimmune disorder? Autoimmune means that your immune system is attacking one or more parts of your body. There are two parts to your immune system, TH1 and TH2.

The first part, called our T-Helper 1 System (TH-1 System), is our immediate immune response system. It is responsible for an immediate attack against foreign invaders like bacteria viruses, mold, fungi, or parasites. The cells involved in the TH-1 system are called macrophages, natural killer cells, and cytotoxic T- Cells. It is our front line defense.

The other part of our immune system is our T-Helper 2 (TH-2) system. It involves the production of antibodies to "tag" onto invaders so our TH-1 system can more easily destroy the invaders. It is our B cells that are responsible for producing the antibodies.

The balance between these two sides of our immune system is very important to look at with many fibromyalgia patients. IF one of these parts is dominant, you could have an autoimmune disorder. An autoimmune disorder is where your immune system is attacking your body and it could be causing your fibromyalgia. For example, you could have an autoimmune disorder in which your immune system is attacking your nervous system and this is why you have increased pain and fatigue.

2. **5 FOODS THAT MAY BE HURTING YOU & INTESTINAL PERMEABILITY:** Has your doctor specifically checked you for any food sensitivities that could increase your blood sugar levels? **Each time that you eat a food that you are sensitive to, it can INCREASE your blood sugar levels.** THESE 5 FOODS COULD BE SLOWLY KILLING YOU AND YOU DON'T EVEN KNOW IT BECAUSE YOU HAVE NOT BEEN TESTED! This could be why even though you are taking medications and exercising, your blood sugar levels keep increasing! Most of the time food sensitivities are a direct result from gastric membranes that are leaky and allow these 5 foods the harm you and rob you of your health. This is a conditions called LEAKY GUT SYNDROME.
3. **THYROID:** Has your doctor run a COMPLETE thyroid panel? Your thyroid CONTROLS your body metabolism so if you suffer from fibromyalgia...IT MUST BE THOROUGHLY CHECKED! We are not talking about an simple test for TSH (thyroid stimulating hormone), we are talking about the COMPLETE BATTERY OF **THYROID TESTS which includes Total T4 (TT4), Free T4 (FT4), Free T3, Free Thyroxine Index (FTI), Resin T3 Uptake, and the thyroid antibodies...TPO and TGB!** Your THYROID is EXTREMELY important and needs to be checked! Did you know that many doctors consider TSH levels from .35 to 5.0 to be "normal." Optimal or "functional" TSH levels should be 1.8 to 3.0. What is YOUR TSH level? If it is not 1.8 to 3.0, have you had the FULL battery of thyroid tests? Has it ever been checked? If not...WHY?
4. **ADRENAL GLANDS:** Has your doctor checked your **adrenal glands?** Your adrenal glands are your "stress" glands and they are JUST AS IMPORTANT as your pancreas in treating your fibromyalgia!!! An **ASI** (Adrenal Stress Index) needs to be run on you that will check your cortisol levels at 8 am, noon, 4 pm and 10 pm.
5. **ANEMIA:** Has your doctor checked you for blood disorders such as anemia???. Anemia simply means you ARE NOT going to get oxygen to your tissues. There are different kinds of anemia such as iron, B12, Folic acid etc. And we can test for each one. Anemia is Very important to find and correct. Without oxygen available for your brain and nervous system, most likely, no treatment will work! No supplement will work. No nutritional program will work.
6. If you are male have you ever been evaluated for Andropause?
7. If you are female had your doctor ever ordered an expanded female hormone panel?

8. If you are female and post-menopausal has your doctor ever assessed your risk factors for developing uterine or breast cancer?

## HORMONE LEVELS DRAMATICALLY AFFECT THE BRAIN AND BODY!!!!

**If you answered “NO” to any or all of these questions then there is a good chance that your Balance disorder/Vertigo is not being managed properly!!!**

**THESE TESTS NEED TO BE RUN ON YOU TO GET TO THE BOTTOM OF WHAT IS CAUSING YOU TO SUFFER FROM DIZZINESS!!! Anything less means that you are in for years of misery!**

**Can you see that by treating you neurologically and metabolically, we can HELP YOU?!?!?**

We will never claim to be something we're not. But if you want to get the right diagnosis, the correct evaluation, and the proper treatment for your balance disorder, then we are the experts to help you!

In this day and age of specialization, you need to always work with the right professionals who *specialize* in the area you need help in. Being "familiar" or "knowledgeable" about vertigo isn't even *close* to being enough.

You need to get advice and help from people who have devoted their lives to eliminating balance disorders once and for all!

You wouldn't want to have your child delivered by a doctor who assists with deliveries every now and then, would you? You wouldn't want your teeth cleaned by someone who does that once or twice a month, would you?

So why would you go to a physician who has little, if any, working knowledge of EXACTLY how to diagnose and use non-chemical, non-surgical treatments to remove the CAUSE of balance disorders?

It doesn't make sense. Now you know who does have the answers you seek so desperately. You're almost there. So don't stop now!

If you're interested in checking this out further, you may be wondering how to get the information you need to make an educated decision on what to do.

Well, we have a non-threatening way to do this that you're going to like!

### **A Computerized Electro-Nystagraphy Test!**

When you come in, you'll have the chance to meet with us, get to know us, and tell us about your

problem. Then we're going to do an ENG Test using a piece of high-tech equipment used by NASA scientists. This test will give us a quick idea about the severity and true location of your ailment. **WE NEED TO KNOW IF YOU QUALIFY FOR OUR N.E.W. BALANCE THERAPY AND THE ENG TEST WILL TELL US!**

**Our N.E.W. Balance Therapy is a BREAKTHROUGH TREATMENT that is designed to diagnose and treat your symptoms of dizziness, stumbling, vertigo, disequilibrium, wall or furniture walking, room or head spinning, and light-headedness.**

If, after the appointment, you believe there's no benefit to working with us, you can simply leave and that is that. However, if you do find that you can use our help, then we will discuss how to proceed. We will be able to verify your insurance coverage and tell you about our Recommended Plan of Action.

So if you're experiencing symptoms, have been treated with little or no improvement, or want to compare our opinion to the care you're currently receiving, please **CALL US RIGHT NOW at 317-848-6000**. Our appointment calendar is always booked solid – so don't procrastinate. If you're concerned, make that call to us now. What have you got to lose? Why not finally get better? Either way, we wish you good luck, with a bright nature, shining in the light of excellent health!

Sincerely,

Dr. Brad Ralston - Board Certified Chiropractic Neurologist

Dr. Lucas Gafken – Board Eligible Chiropractic Neurologist

**P.S.** No matter what else you do, please find out what's really wrong with you with our Computerized Electro-Nystagmography Test. Don't suffer needlessly. You can get better quickly, without drugs or surgery!

**P.S.S.** Remember that we are the **ONLY** Carrick-Trained Board Certified Chiropractic Neurologists in the Indianapolis area. ([www.carrickinstitute.org](http://www.carrickinstitute.org)) Just as there are Medical Neurologists there are also Chiropractic Neurologists.

**P.S.S.S.** DON'T SUFFER ANY LONGER, CALL OUR OFFICE AT 317-848-6000 NOW! LIFE IS TOO SHORT TO SUFFER WITH BALANCE DISORDERS!