



Dear Family, Friends, Patients and Community,

**WE** honor and value your time. Therefore if you wish to unsubscribe, please do. However, we ask that you read this email in its entirety before doing so because the next chapter of our journey has a lot to do with each of us since we have crossed paths at some point!

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*Just a reminder of what we do...*

Florida Balance Centers (FBC) /  
Acupuncture and Integrative Medicine (AIM)

We specialize in Inner Ear Problems  
(Vertigo, Dizziness, & Balance) & (Pain Management)

Insurance & Sliding Scale  
options available!

DON'T LET □ GET IN YOUR WAY OF HEALING!

Visit us at: [Balancecenters.com](http://Balancecenters.com)

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WATCH □ our 3 part health series on how to avoid  
*Inner Ear and Pain Management problems*  
while moving towards  
**OPTIMAL HEALTH** □

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**Today let's learn about...**

## **Why Chronic Dizziness Disorders May Have Roots In Childhood...**

In almost 30 years of working with patients suffering from chronic dizziness, vertigo or “woozy,” off-kilter sensations, a curious pattern has emerged: about a quarter of people with adult-onset vestibular disorders reported motion sensitivity as children.

They vomited on roller coasters. They had chronic, painful ear infections. Their parents made frequent trips to the ENT. They felt profoundly uneasy on skis or skates, avoided sports, and definitely did not like sitting (or reading) in the backseat of the car.

From a medical point of view, this probably isn't causation. But in my experience, I've seen a clear connection between the child who learns to avoid the type of activity that makes him feel “woozy,” and the vestibular disorder-suffering adult he becomes.

### ***Weakened Pathways***

When children feel uncomfortable flexing their “vestibular muscle,” their balance system doesn't get the exercise it needs. Many patients

reported preferring sedentary activities as kids, like art, reading or music; now, as adults, it's even more important to retrain those weakened pathways.

And, depending on your childhood history, it could be a grander challenge. If you fall into this category, be aware you're more likely to have stronger visual sensitivity or intolerance for the WUZI retraining exercises than those who don't.

You may need to work harder — and train longer — to regain neuroplasticity and to build new pathways (neurogenesis).

Though vestibular rehabilitation, you're working to expand your brain connections and processing capacity, overcoming decades of balance challenges that started in your early years.

## ***Patience, Meet Persistence***

- The first step is *awareness* — knowing you're in for a longer road.
- The second step is *persistence* — thousands of my patients with childhood motion sensitivity have overcome their vestibular disorders, and you can, too.

All patients will face challenges on the road to recovery, but the human brain is a beautiful organ that keeps growing, learning and adapting — from the early years, to the golden years. Learn more visit us at:

[Balancecenters.com](http://Balancecenters.com)

Here's to healing! ☐

### **Written by:**

*Thomas Patullo, AP, OTR*

*Alla Esther Levy, EIS, MSH*



**We thank you for your loyalty and trust... We are here to serve when you need us!**

*When you know better, you do better, what you resist persist, and we learn by doing!*

*--Thomas Patullo, OTR, AP*

*When you know and understand yourself the world will know and understand you too, and remember, what's the best that can happen?*  
-- *Alla Esther Levy, EIS, MSH*

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