

Dr Viirre—

I realized I did not tell you one of the best outcomes of the improvement in my vertigo— and I thought it would be helpful to recap some of my history. I need to learn more about what is going on, and I think you would be interested too...

>>Now because of what building biologist Oram Miller has done to remediate RF and EMF here— I can sleep on my side!

I have sleep apnea, and for years had to sleep with my head straight up, with a dental device tethered to an overhead support to open my airway— AND to keep the vertigo from being out of control in the dark. Just a few degrees off center made me nauseated. I have a minor TBI, head injury, and my vertigo has been so bad I have to crawl on the floor in the dark. No more!!!

Vertigo— the “rocking boat” kind—both day and night has plagued me for years. I have spent thousands of dollars to deal with it. I spend hours a week doing vestibular exercises. It is dangerous— especially at night. I

Past History of Vertigo Symptoms:

2001 MVA — T-boned by a 16 yr old new driver— totaled a 21K ca.

2009 Barotrauma— extended eardrum after a high altitude simulator

2013 MVA — Rear ended freeway at 45mph.

2013 fall to the ground after walking from bright lights to pitch dark. Landed safely.

Tinnitus History and Symptoms:

1972 Wisdom teeth removal— damage to jaw— clicking tinnitus ever after

Same as above for 2001 MVA, 2009 Barotrauma,

2013 MVA added significant hyperacusis immediately after MVA

Increasing steadily to pulsing ringing in ears to heartbeat. Louder than the freeway.

WiFi and move to 4-5 G markedly increases tinnitus

Ear stuffiness/pressure increases with exposure. Rest, avoidance diminishes.

Link with Migraine:

Migraine goes back to mid 80's. (Overwork doing art head forward, and chem exposure)

Baropressure link— storm will bring on.

Many triggers— I see

Many Triggers...:

...to Migraine, vertigo, neck spasm, vision changes, exhaustion, brain on red alert, GERD, inhalation of mold or chem triggers, fake lighting, excessive head or eye movement, sitting, overuse of right arm, chewing (I have a significant jaw injury that puts pressure on my TMJ)

I see it as Neuro-inflammation.

Here is my assessment— being a layman. After my exposure to ancestral health and perfect cranial development of our ancestors— I came across the concept of the “Size 32 Cranium.” Orthodontist Raymond Silkman says that modern craniums only can accommodate room for wisdom teeth 4% of the time.