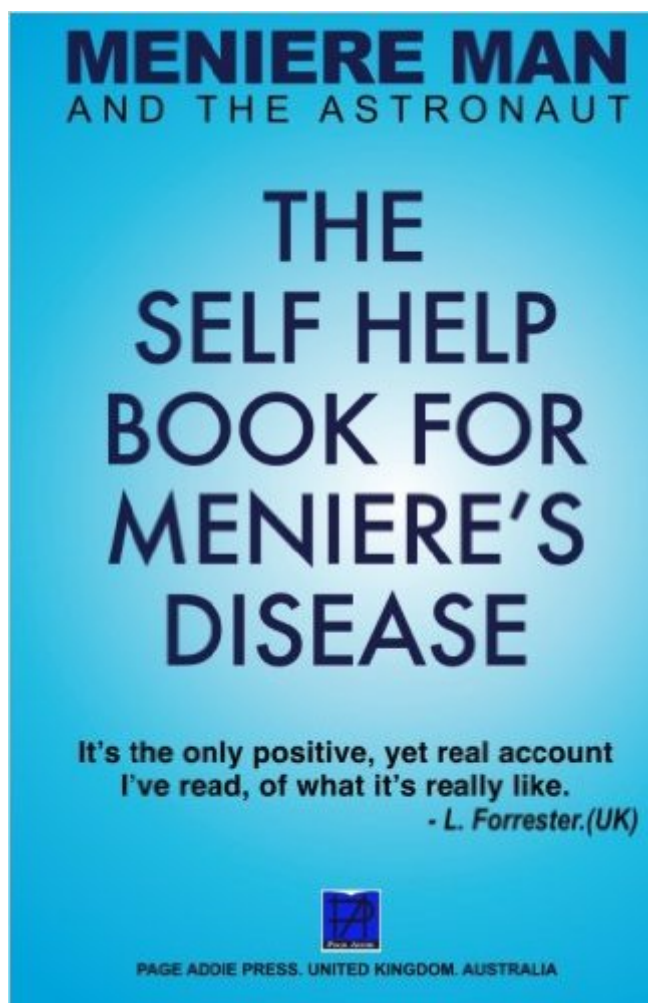


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# Meniere Man And The Astronaut. The Self Help Book For Meniere's Disease



## Synopsis

In this book the Author explains exactly what he did to help him make a full recovery which means a full life back:Â No more bad days.Â No more Meniere&apos;s brain fog.No more exhaustionÂ No more lack of energy.Â No more vertigo attacks.No more wooziness.No more dizziness.No more depression.No more anxiety about Meniere triggers.No more worry about Meniere&apos;s attacks.This book also includesÂ Meniere Man&apos;s own self-help notebook:100 simple ideasÂ that worked to manage and cope with Meniere&apos;s disease and help with his recovery.Â Valuable self-help informationÂ every sufferer of Meniere&apos;s disease can use everyday.Direct-action, simple, practical, effective waysÂ which, when applied, can help get over Meniere&apos;s.It was Meniere Man&apos;s personal spirit and desire to get "back to normal" that helped him recover. He decided that you can&apos;t put a limit on anything in life. What he shares with you now, worked for the 100% recovery that the Author has experienced.Â Meniere Man maps out his personal battle with Meniere&apos;s, and even more importantly, the exact paths he took to make a recovery,Â WITHOUT SURGERY OR ANY INVASIVE MEDICAL PROCEDURES.An extraordinary book written about Meniere&apos;s Disease from a personal perspective of suffering, coping and going forwards to make a full recovery spanning nearly two decades.Â This best seller is recommended by ENT Specialists, Audiologists and medical specialists in Australia, New Zealand, UK, USA.His findings are now widely quoted all over the internet. Aside from writing the series of self-help books on Meniere&apos;s, Meniere Man supports Meniere&apos;s research worldwide. He has published his findings in Meniere support magazines in Europe and Australia; giving talks to Meniere groups; giving one-on-one face-to-face sessions to help sufferers, as well as telephone mentoring support.Similar related tags: inner ear, vestibular, low-sodium, low-salt, symptoms, vertigo, hearing loss, tinnitus, dizziness, dizzy, balance disorder, recurrent attacks, fluctuating hearing, sensorineural, hearing loss, affected ear, aural, audiometry

## Book Information

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## Customer Reviews

The author was struck with the disease in his prime, 46-years-old. He lovingly shares how he overcame this debilitating disease in hopes that it will help others who are faced with the same frightening challenge. In spite of the fact that the cause is unknown and there is no well-defined treatment, he chose to not let the disease defeat him. He won the battle by changing his attitude about the disease and taking back control of his life through exercise, diet, vitamins, alternative therapies and positive mental training. He urges those who are facing the same battle to create their own personal regime and take control. He then proceeds to give you detailed instructions on the steps he took to take back his life. He covers so much that it would be impossible to list them all in this short review, but some points that jumped out at me were: 1. The importance of finding your triggers and stressors 2. How to cope with an attack, the hearing loss, and diminished cognitive abilities. 3. Medications, surgical options, and alternative therapies. He emphasizes that the only thing that stands in the way of successfully managing the illness is attitude. It is important to understand that there are viable choices that can be made. He ends the book with a short chapter titled: Laugh. Love. Life. . . . then, follows it with "100 ways of coping with Meniere's." Highly recommended.

If you are suffering from or know someone who is suffering from Meniere's Disease then this is definitely the book for you. Pack full of really great information that the author has also used to control this disease. Readers will find detailed descriptions of what to expect and also information on how to control and even prevent vertigo attacks. The author provides detailed explanations of how he changed his diet, reduced excess salt, caffeine and sugar. He also explains how these foods affect those suffering from vertigo. This really is a very practical book and it helps to give you hope that you too can control your symptoms and take your life back. This book provides the reader with solutions that they may have been unable to find elsewhere. If you are thinking that there is no hope and that there is nothing you can do, then I strongly urge you to purchase this book. Once you finish reading it you will find that there is so much you can do and that life can again be yours. Take

it from the author who has already tried and tested everything he writes about. You really can make a difference to your life and control Meniere's Disease.

Kudos to the author for having the strength to tackle a subject that hits so close to home. One by one he skillfully addresses each aspect of the disease; from symptom recognition, to the effect of each symptom on the human body, and finally to the options available in treating these debilitating symptoms. Not only did the author present a smorgasbord of pertinent information, but did so from a first-person point of view. Not only in a way that was easily understood, but in a fashion that tugged at the reader's heartstrings as well. If you are looking for the definitive 'read' on Meniere's disease - this is the book for you. It has helped me tremendously in dealing with my sister's husband. Jim Fostino

With a recent diagnosis of Meniere's Disease, I ordered this book in the hopes it might help me to understand it, and also to offer suggestions, other than "low-salt". This book is written by someone who has Meniere's Disease himself, so he totally gets it, beyond a way that my doctor or audiologist ever could. I couldn't put the book down, because every page explained exactly what was happening to me, so I no longer felt alone. The great part is, there is a lot of hope in this book, and excellent suggestions on how to live with the effects of the disease and have a good life. I have tried many of the suggestions, and they have been helpful. I have since read several other of the "Meniere Man" books, but this was my first and favorite. This past year, I have found that Meniere's can be an isolating disease, but I no longer feel like that. I recommend this book to anyone that has Meniere's, it has truly been a God-send in my life. Thank you, Meniere Man, for sharing your very personal struggles and suggestions with the rest of us.

I was unsure of what to expect when I started to read this book, but it quickly became apparent that it is in fact, a truly uplifting story. Both well written and well structured, it takes the reader on one man's incredible journey from the complete despair at suffering the debilitating Meniere disease to inspirational hope for others in his position. Its pages contain a lot of helpful information but it is also an entertaining read. This book could only be written by someone who has been to hell and back. Its poignancy tugs at the heart strings at times and yet the story is inspiring and full of hope. The author writes with authority and a hugely positive attitude, which makes me think that this book will be of immense help to anyone suffering any chronic illness. I feel so strongly about the message of hope this book conveys, that I have recommended it to my daughter-in-law who, as a young mother

herself, has suffered through a difficult disease and life-changing surgery. This is a definite 5 stars for me.

Wonderfully Uplifting and Inspirational The author recounts his personal journey, courageously overcoming the trauma and effect of Meniere Disease. With care and erudition he explains the steps he successfully undertook in what might best be regarded as a guidebook for coping with and recovering from the disease. His honest, intelligent and sometimes humorous descriptions will provide invaluable assistance not only to fellow sufferers but to anyone seeking to restore quality to and optimise their lives after being diagnosed with a debilitating condition. Insightfully written and easy to follow.

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