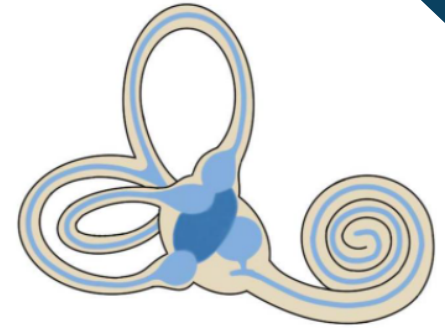




Establishing healthy eating habits can be critical in successfully managing a vestibular condition. Here is why:

Inner ear fluid balance

The fluid-filled hearing and balance structures of the inner ear normally function independently of the body's overall fluid/blood system. The fluid that bathes the sensory cells of the inner ear (known as endolymph) maintains a constant volume and contains specific and stable concentrations of sodium, potassium, chloride, and other electrolytes. With injury or disease, the volume and composition of endolymph may fluctuate with changes in the body's fluid/blood.



The vestibular & hearing system live in the inner ear and share the 8th cranial nerve that connects to our brain. Fluid moves inside this structure to tell us if we are moving and what we are hearing.

Dietary goals

Dietary strategies for regulating fluid balances involve modifying the amount and fluctuations of certain substances consumed and reducing or eliminating other substances that can adversely affect the inner ear. If you need more assistance work with a professional on this.

DO

Be consistent with small healthy meals every 2-4 hours. Eat within 1 hour of waking up. This keeps blood glucose levels from dropping as well as keeps inner ear fluid levels from changing too much.

DRINK WATER! Aim to have clear to light yellow urine or use a [Hydration calculator](#).

Watch your salt intake: Aim for < 2000-2200mg. Check with your MD if you have health issues with this.

[Eat the rainbow](#) of fruits and veggies.

Opt for [whole grain](#) versus refined carbohydrates for more fiber and nutrients.

Eat sources of healthy fat & [Omega 3](#) Fatty Acids.

[Eat lean protein](#) sources especially when you eat a carbohydrate.

Monitor caffeine intake. Or at least be consistent with intake to see if it is a contributor.

DO NOT

Skip meals or have too much time in between meals (no longer than 4 hours).

Exercise if you are not properly fueled and hydrated before/after.

Eat foods that may be a trigger for you or that you are intolerant to. This causes inflammation. [See potential food trigger list](#).

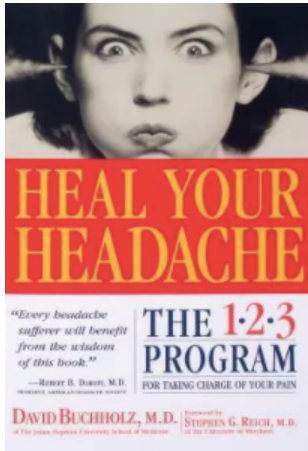
Eat processed/fried foods. Not only do these have no nutritional benefit, they're also high in sodium. Do not add [artificial sugars](#).

Eat aged cheese & sliced deli meats may contain histamines and nitrates that can increase inflammation and cause headaches.

Consume nicotine, marijuana, THC.

Drink alcohol: Alcohol leads to dehydration and can change the fluid composition in the inner ear and body.

Great Resources

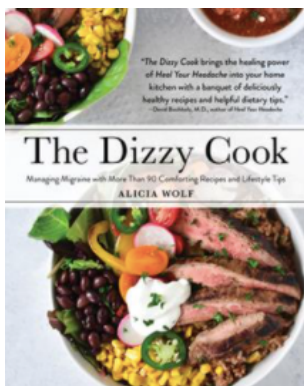


Heal your Headache Book

By David Buchholz, MD

This book was written by a neurologist at John Hopkins. It has easy step-by-step suggestions for improving migraines.

[Purchase Here](#)



The Dizzy Cook

By Alicia Wolf

Based off the incredible www.thedizzycook.com this book includes more recipes to manage inner ear disorders. The author was diagnosed with Vestibular Migraines and she has many tips and resources to eating delicious food and drinks and managing a vestibular condition.

[Purchase Here](#)



Whole Daily Life

By Tracey Grant

Whole food-based nutrition from a registered dietitian with a holistic approach to wellness. There are weekly modules and meal plans for healing Hashimoto's condition as well as variations for Autoimmune Protocol (AIP), low-FODMAP and GAPS diets.

[Purchase Here](#)