



Treatment/Medication	Didn't Work	Works
Limit caffeine		
Limit alcohol		
Limit tobacco		
Limit chocolate		
Limit MSG		
Limit salt		
Limit simple sugars		
Cervical alignment		
Acupuncture		
Meniett device		
Diuretics		
Antiviral - e.g. Acyclovir		
Stemetil (Prochlorperazine)		
Serc (Betahistine)		
Meclizine		
Lorazepam		
Promethazine		
Ondansetron		
Benzodiazepines		
Anti-depressants		
Anti-anxiety		
TMJ (temporomandibular joint)		
Dramamine		
Vestibular Rehabilitation		
Cognitive Behaviour Therapy		
Diphenhydramine		

Treatment/Medication	Didn't Work	Works
Calcium Channel Blockers		
Verapamil		
Nimodipine		
Cinnarizine		
Flunarizine		
Diazepam		
Prednisone		
Methylprednisolone		
Immune suppressants (AIED)		
Scopolamine patch		
Methotrexate (very rarely)		
Enbrel (injectable drug)		
Humira (injectable)		
Steroid injections		
Dexamethasone		
Grommet		
Intratympanic Dexamethasone		
Intratympanic Gentamicin		
Endolymphatic Sac Procedure		
Vestibular Nerve Section		
Labyrinthectomy		
CBD Oil		
John of Ohio Plan		
Urea		
<i>Add Other Medications:</i>		

Commonly used herbal medicines used across the world include lipoflavonoids, vinpocetine, valerian, ginger root, and Gingko biloba. Vinpocetine dilates cerebral blood vessels, valerian acts like a benzodiazepine, ginger reduces nausea, and Gingko biloba is anti-ischemic.

Add your own natural supplements: _____

My notes

[illegible]