

Antonia (Toni) Brasted Publishes New Book For Health & Spirituality

Toni Brasted Ph.D., CG-C, RA - *Writes the Spirituality Corner, page 5*

About the Book

“they shall lay hands on the sick, and they shall recover.” — Mark 16:18, KJV“anointed many sick people with oil and healed them”, — Mark 6:13, KJV

Hopefully this book will be a humble reminder to all of those involved in healing work, which combines two healing techniques that are as powerful today as they were in the Biblical times.

Anointing with essential oil was commonly practiced throughout the Scriptures for many different purposes. The New Testament mentions it specifically in connection with praying for the sick. Today’s Aromatherapy is practiced in many different settings and variations but a common denominator among all aroma therapists

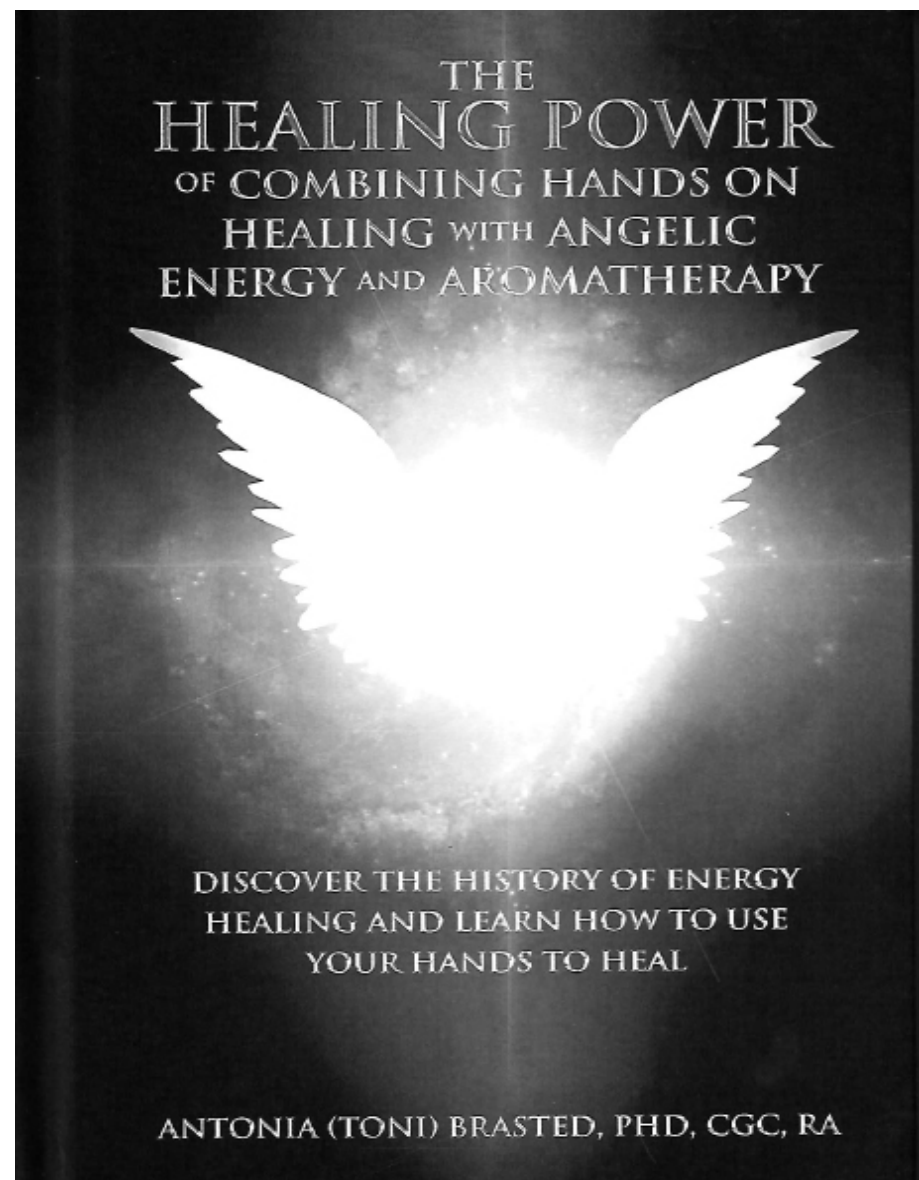
is the sense of reverence towards the miracle of nature in the form of essential oils. They know that fragrance can affect the mood, calm, relax and release emotions.

Today’s energy work also comes in a variety of methods, but what all of them have in common is the unconditional love and the spiritual meaning of healing.

I am delighted to announce the release of my book **The Healing Power of Combining Hands on Healing with Angelic Energy and Aromatherapy**, published by Balboa Press a Division of Hay House.

Available at: Barnes & Noble, Amazon.com. and Balboa Press Book Store.

Search by the author name, Antonia Brasted



Cervical Vertigo. What is it?

People with cervical vertigo have both neck pain and dizziness. Other symptoms include vision issues, nausea and lack of coordination. Several different things can cause the condition, such as inflammation, joint issues and trauma. Cervical vertigo is a treatable condition that usually goes away with physical therapy and inner ear exercises.

Cervical vertigo — also called cervicogenic dizziness — is a condition that causes both neck pain and dizziness. It’s related to certain neck conditions. Cervical vertigo can also occur following a cervical spine injury. Though, in most cases, symptoms don’t appear until months or years after the initial trauma.

Your cervical spine — or, your neck — plays a key role in balance and coordination. So, when this area of your spine is inflamed, arthritic or injured, it can make you feel dizzy, lightheaded and unsteady.

What is the difference between vertigo and cervical vertigo?

Vertigo refers to the sensation of spinning, even when you’re not moving. Cervical vertigo is a specific type of vertigo in which dizzy sensations are related to neck injury or inflammation.

Who does cervical vertigo affect? Anyone can develop cervical vertigo. But the condition is much more common in people with:

- Severe head trauma.
- Arthritis of the neck (cervical spondylosis).
- Herniated disks.
- Whiplash injuries.

Symptoms and Causes

Cervical vertigo symptoms vary from person to person. They may include:

- Dizziness.
- A sensation of floating.
- Lightheadedness.
- Lack of coordination or unsteadiness.
- Balance problems.
- Posture changes.
- Visual symptoms, such as rapid eye movement and visual fatigue.
- Nausea and vomiting.

- Neck pain or tightness.
- Headaches.

Unlike other types of vertigo, cervical vertigo rarely makes you feel like you’re spinning. Instead, most people describe a light-headed or “floating” sensation.

Furthermore, cervical vertigo symptoms overlap with symptoms of many vestibular (inner ear) disorders, including:

- Vestibular neuritis.
- Labyrinthitis.
- Benign paroxysmal positional vertigo (BPPV).
- Acoustic neuroma.

For this reason, your healthcare provider will need to rule out other conditions before making a diagnosis.

What causes cervical vertigo?

Anytime your cervical spine develops an issue or sustains an injury, dizziness and other symptoms can occur. Experts are still researching cervical vertigo, but possible causes include:

- Neck trauma.
- Arthritis (cervical spondylosis).

- Atherosclerosis in your neck.
- Cervical degenerative disk disease
- Inflammation.
- Poor posture.
- Injured disks.
- Joint issues.
- Muscle strain.

Regardless of what causes cervical vertigo, **stress and anxiety can trigger your symptoms.**

Diagnosis and Tests

Because cervical vertigo can mimic symptoms of other conditions — such as BPPV, central vertigo and vestibular neuritis — your healthcare provider will need to rule out other issues. To do this, they’ll need to run tests, which may include:

- Magnetic resonance imaging (MRI).
- Magnetic resonance angiography MRA
- Spine X-rays.
- Vertebral Doppler ultrasound.
- Vertebral angiography.
- Evoked potential tests, which measure pathways in your nervous system.

Continued on page 12)