

Vertigo Explained: Causes, Common Triggers, and a Proven Way to Find Relief

By Robert Ferguson

Have you ever felt like the room was spinning—even though you were perfectly still? That unsettling, dizzy sensation is known as **vertigo**, and for millions of people, it's more than just a moment of disorientation. It can interfere with daily life, affect work and relationships, and even lead to dangerous falls.

As a clinical nutritionist, I've worked with many people who were desperate for answers after struggling with vertigo symptoms—some for years. What's surprising is how often relief comes from something that many had never considered: restoring balance in the body at the **cellular level**.

Let's take a closer look at what vertigo really is, what causes it, and how improving internal balance—especially your **omega-6 to omega-3 ratio**—can make a powerful difference.

What Is Vertigo?

Vertigo is a type of dizziness that creates the **false sense that you or your surroundings are moving or spinning**. It's not a disease itself, but a symptom of something deeper, often involving the **inner ear or brain**.

Common Symptoms of Vertigo Include:

- A spinning or tilting sensation
- Nausea or vomiting
- Unsteadiness or loss of balance
- Headaches or visual disturbances
- Feeling pulled in one direction

What Causes Vertigo?

The most common causes include:

- **Benign Paroxysmal Positional Vertigo (BPPV):** Triggered by changes in head position, caused by tiny crystals in the inner ear becoming dislodged.
- **Meniere's Disease:** Fluid buildup and pressure in the inner ear.
- **Vestibular Neuritis or Labyrinthitis:** Inflammation of the inner ear nerves, often due to infection.
- **Migraines:** Vestibular migraines can cause intense dizziness even without a headache.
- **Inflammation, oxidative stress, and circulation problems**—often overlooked—may also contribute.

How Common Is Vertigo?

Vertigo is extremely common, especially in older adults. Research shows that:

- **40% of Americans will experience vertigo at some point in their lives**
- **1 in 5 adults over age 60** experiences it regularly
- Women are more likely to experience vertigo than men

Despite how common it is, **many people go undiagnosed or receive treatments that only mask symptoms** without addressing the root cause.

The Overlooked Connection: Inflammation and Cell Health

Here's something most people don't hear from their doctor: **vertigo may be worsened by chronic inflammation and rigid, unhealthy cell membranes**, especially in the inner ear and brain.

Your balance is controlled by tiny, delicate structures in the inner ear that rely on fluid flow, nerve signals, and oxygen. When inflammation is high and cell membranes are stiff, it can interfere with all three.

A key contributor to this inflammation? An **imbalanced omega-6 to omega-3 ratio**—a problem that affects most people in the U.S. and Canada.

The Role of Omega-3s and Polyphenols

Most modern diets are **high in omega-6** (from processed foods, seed oils, and snacks) and **low in omega-3s** (found in wild fish, flax, and algae). This imbalance creates a state of chronic inflammation, which affects brain function, blood flow, and nerve signaling.

When people correct this imbalance by increasing their intake of omega-3 fatty acids—**EPA (eicosapentaenoic acid)** and **DHA (docosahexaenoic acid)**—along with polyphenols, they begin to restore healthy cell membrane fluidity and reduce inflammation. This has been a game-changer for many of my clients suffering from vertigo.

Client Success Stories: Relief That Lasts

Over the years, I've worked with numerous clients suffering from vertigo—many of whom had tried everything from medications to physical therapy with little success.

After testing their omega-6 to omega-3 ratio using a **Dried Blood Spot Test**, nearly all showed an imbalance—often worse than 20:1, when the optimal range is under 3:1.

Once they began **restoring cellular balance** with a natural supplement combining **omega-3s and polyphenols**, the changes were remarkable:

- Fewer dizzy spells
- More stability and energy
- Clearer thinking
- Some clients even reported their vertigo disappearing entirely

Relief Starts with Testing and Rebalancing

If you or someone you love suffers from vertigo, don't overlook what may be happening **inside your cells**. Chronic inflammation and poor cell membrane function—often caused by an imbalanced omega-6 to omega-3 ratio—may be contributing more than you realize.

The first step is to take an **at-home BalanceTest** to discover your current omega-6 to omega-3 ratio. From there, I recommend taking **BalanceOil+ daily for at least four months**, which aligns with the 120-day lifespan of your red blood cells. This gives your body time to rebuild healthier, more flexible cells from the inside out.

After four months, **retest your ratio** to measure your progress—and celebrate improvements not only in your numbers, but also in how you feel.

You can reach out to me personally for guidance or get started by scheduling a [free consultation](#).

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If you're ready to get started with your BalanceTest and BalanceOil+, contact the person who shared this article with you, or [click here to learn more and purchase now](#).

References

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