

## **Meniere's Disease**

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Meniere's Disease affects the inner ear and is evidenced by tinnitus (buzzing or ringing of the ears), dizziness or vertigo, imbalance, hearing loss, or pressure. It may be linked to swollen chambers in the inner ear.

**Butcher's Broom- Internal** Purposes: Fights retaining fluid and increases circulation.

**Ginger- Internal** Purposes: Aids with nausea

**Ginkgo biloba- Internal** Purposes: Improves circulation to the brain. Dosage: Take in capsule or tablet form.

**St. John's Wort- Internal** Purposes: Eases depression and stress