

NEURAL CIRCUIT DIZZINESS

INFORMATION SHEET FOR PEOPLE WITH DIZZINESS & THEIR FAMILIES

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WHAT IS NEURAL CIRCUIT DIZZINESS?

Neural circuit dizziness (NCD) describes chronic dizziness symptoms that keep going even when there is no structural problem or disease that explains them. This occurs when someone's nervous system is extra sensitive to threat (in "danger mode"). When someone's nervous system is in this state, the brain makes mistakes in how it processes information from the senses involved in the balance system. This can create debilitating symptoms. **These symptoms are 100% real (not just anxiety), but they are reversible.**

COMMON DIAGNOSES

Most people with NCD have test results within the normal range and are given diagnoses based on their symptoms. The most common diagnoses are **PPPD**, **MdDS** or **vestibular migraine**. Some people have or had abnormal test results, but the symptoms should have gotten better with time, and they haven't.

TREATMENT

To treat the symptoms of chronic dizziness, a person must get his or her nervous system out of "danger mode." The most common causes danger mode are fear of symptoms, avoidance of triggering activities and life stress, so stress reduction techniques may help. However, while fear, avoidance and life stress may set off chronic dizziness, other things can keep it going. Less obvious sources of stress should also be addressed. These include difficulties expressing emotions, putting too much pressure on oneself, not getting one's own needs met, unresolved past traumas, and difficult relationships. **Healing does not need to be expensive, use special equipment or use a paid program**, but it takes work and personal growth.

HOW TO HELP

The first thing you can do is learn more about neural circuit disorders like chronic dizziness. Here are some great places to start:

- Watch these videos on the Steady Coach YouTube channel: tinyurl.com/dizzinesslove and <http://tinyurl.com/NCDbasics>
- Read or listen to any of the books listed here: <https://ppdassociation.org/resources/#books>

The next thing you can do is to learn about the source of the "danger mode" that is activating symptoms. Often people with chronic dizziness visit doctor after doctor trying to get a diagnosis and effective treatment. The sooner the person gets an accurate diagnosis of a neural circuit issue, the faster he or she will feel better. Techniques like journaling and meditation or going to specialized therapy or coaching with someone familiar with neural circuit disorders can help someone figure out what is driving the dizziness circuit. Many people also find they need to make changes to how they relate to themselves, confront unresolved issues and relationships, and express themselves emotionally (especially the "not-so-pretty" emotions like anger toward loved ones).

Finally, remember that loved ones and friends play important roles in recovery. People close to the person with dizziness can directly affect his or her nervous system by being supportive, believing the person can get better, and encouraging healthy emotional expression.

MORE RESOURCES

- YouTube channel: youtube.com/@thesteadycoach & website: thesteadycoach.com
- Free course: thesteadycoach.com/free-course (free for everyone, including family and friends)
- ppdassociation.org, sirpa.org, mindbodytherapycenter.org, thebettermindcenter.com, painpsychologycenter.org, painreprocessingtherapy.com all have listings of providers who specialize in treatment of physical symptoms resulting from a neural circuit problem