

**A healthy diet works for Marion**  
**See how she manages:**

Marion said:

*"I have been taking Google Biloba 2000mg since 1995 after I had my endolymphatic sac operation. A friend of mine who was a naturopath told me to take Ginkgo as it should enhance the blood flow to my head/ brain that is lacking oxygen and/or nutrients and increase the blood circulation in the brain.*

*She said that it is a natural blood thinner so hopefully it will help to reduce the tinnitus and make your head feel better. I didn't take any other blood thinners so I started to take Ginkgo.*

*I noticed a big difference after a little while, I could concentrate much better at work and I was able to solve problems much easier.*

*I also had a dexamethasone injection in the right ear in 2008 and due to the injection, I lost my hearing in that ear.*

*Now 28 years later I still take Ginkgo Biloba 2000mg on and off.*

*When I worked most times 10 hours a day, I didn't have much time to eat healthy. I often also worked on weekends and was on call even in my holidays. When I retired 6 years ago, I decided that I needed to change and live a healthier life style and so one day I went organic.*

*I eat organic bread from Bill's which has between 220-240mg per 100g sodium it depends on which type of their bread you buy. Sometimes I also make my own bread and cakes. I also make my own jam and sometimes pickles as well. I buy all my fruit or vegetable from the markets or organic shops we have in the inner west.*

*I have seen on my travels particular in Asia how much pesticides they spray on rice, vegetables and fruit and I read articles in Europa how much pesticides are being used on wheat. That gave me such a fright that I decided to eat better food - organic food.*

*I have fruit with cereal or oats and Yoghurt with Lactose free milk and my rosehip powder during the day. I have lots of salads, stir-fry, casseroles and generally I eat everything except salt. I don't eat any processed food, Chinese or Japanese food. When we eat out, I always check for low salt food and no salty ingredients like olives, capers etc and I ask not to add salt or cheese.*

*I do make myself a big vegetable/fruit juice whenever I can and generally put anything into the juicer that I can get my hands on. My favoured juice is with carrots, celery, fresh ginger and fresh turmeric and if I have broccoli, cucumber, asparagus, spinach or kale and I always add an orange and an apple.*

*I can also add my rosehip powder to the juice, anything cold is okay as the vitamins in the rosehip powder will lose its power if it is added to anything hot.*

*Since I make my juice and take my rosehip powder my white blood cells (neutrophils) have increased from 1,1 to 2,7 and that has made such a big difference to me.*

*I drink a lot of organic herbal tea and have my own herbs in the garden. In particular I love my fresh sage tea which is excellent if you have a sore throat. Rosehip tea also has a lot of Vitamin C which I always have in my cupboard. I eat a lot of bananas they are a good source of potassium, antioxidants and fibre, papayas which contain high level of antioxidants vitamin, vitamin C and vitamin E, Blueberries contain one of the highest antioxidant levels plus fibre, potassium, folate, vitamin C, vitamin B6, and phytonutrient.*

*The rosehip powder which I take daily is full of natural goodness in particular Vitamin C.*

*Filled with 23 naturally occurring minerals, 8 vitamins (including Vitamin C) and rich in antioxidants, this potent combination also works to boost general health and provide a defence against immune-mediated conditions.*

*Though you need to take the powder daily for it to be effective.*

*The ingredients in vital rosehip are not synthetic like most Vitamin C powders or tablets. I bought some Vitamin C in a chemist a long time ago and shortly after I fell down the Escalator. I never would have thought that there is so much sodium in those powders/ tablets. It was like a drop attack it came on so sudden and hit me so fast I had no time to hold on.*

***We are all different and if you feel it doesn't work for you then stop taken it.***

*This is not a sale pitch I don't get anything out of it but I really noticed the difference in my joints and my immune system. No more bursitis inflammation, no colds and I generally feel better.*

*My blood test is excellent now and I don't take any medication except for the occasional Panadol when I have a headache.*

*I am also going twice a week to my exercise classes and do a lot of walking. I go swimming in summer and I have been riding my pushbike up to last year September but unfortunately, I had a fall and I am not allowed to ride the bike at the moment.*

*I also wear a little medical stainless steel tag on my watchband which states **'Menière's disease NO Sodium'**.*

*I love travelling and seeing other countries, my last big trip last year was Northern Thailand and Laos. Laos was an eye opener the mountains are beautiful they still have wild Tigers and Elephants but they are hiding deep in the mountains now. The country is very poor and they are relying heavily on China. There is not much food except at the markets and most vegetables and fruit they grow themselves. They don't have a good diet and therefore a very short life."*

*My next trip is Germany/ Spain and Morocco this year. It will be interesting to see what I can and what I can't eat in Morocco and how much time I need to get my body back to normal when I am back.*

*After many years of Meniere's misery where I have been lying on the bathroom floor not able to get up for hours. I had to ring the ambulance many times and when they arrived, I had to figure out how to open the door for them. (In those days I still lived on my own with no family in Australia). It certainly wasn't easy but I always thought there must be a light at the end of the tunnel.*

*I remember back in the mid 90's a man was at central station and suddenly had an attack and NO they didn't get the ambulance they got the police and they locked him away in a cell overnight because they thought he was drunk.*

*I hope that everyone with Meniere's will feel better one day too.*

*I know it's a terrible disease but don't give up work on it!"*

Marion