

Vertigo 眩暈

Vertigo is a false sensation of movement where you feel like you or your surroundings are spinning, swaying, or tilting when everything is actually still. It is a symptom of an underlying condition rather than a disease itself. It primarily happens due to a disruption in your vestibular system, which is the balance-control center located inside your inner ear and brain.

Three primary acupoints are widely used to manage vertigo, balance issues, and accompanying nausea: TW17 (Triple Warmer 17) Yifeng, GB20 (Gallbladder 20) Fengchi, and P6 (Pericardium 6) Neiguan. Stimulating these points through acupressure can help promote circulation and soothe the nervous system to ease dizzy spells. While acupressure serves as a highly accessible self-care tool, it offers temporary symptom management rather than a permanent cure.



舒緩與治療眩暈可以透過按摩關鍵穴位來改善，最常用的三個有效穴位是百會穴、風池穴和內關穴。當頭暈目眩發作時，按壓這些部位能幫助通經脈、調氣血。

My experience

Vertigo happen when gas generate in the stomach (bloating) move up to the head. Drink warm water or ENO to disperse the gas , lie flat for an hour or two to ease the dizziness. PUT the earthing gadget (99% COPPER sheet) on CV12 + ST25 to relieve the 'stomach gas' .

我的經歷

眩暈是由於胃部產生的氣體（腹脹）向上移動到頭部所引起的。喝溫開水或 ENO 溶液可以幫助消氣，平躺一兩個小時可以緩解眩暈。將接地裝置（99%純銅片）放在 CV12 和 ST25 穴位上，可以緩解胃脹氣。

