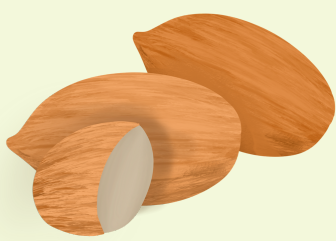
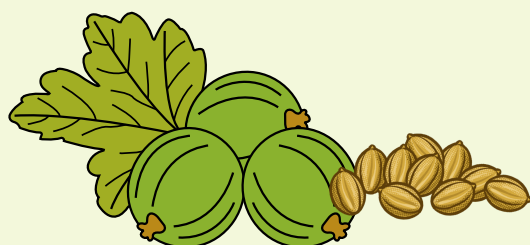


Foods for Vertigo



Almonds

Soak the almonds overnight, peel them, grind them and make a paste. Mix this paste with a glass of warm milk and drink it regularly in the morning.



Gooseberry & Coriander Seeds

Soak one tablespoon of coriander seeds and one tablespoon of gooseberry powder in a glass of drinking water overnight. In the morning, strain, add jaggery or honey if required and drink.



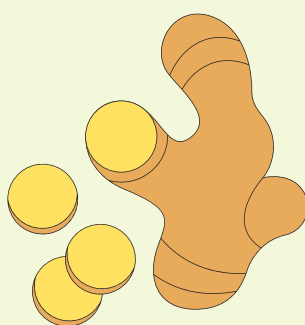
Strawberry

Just eat them fresh every morning, even adding a few of them to yogurt will help boost its effectiveness but avoid adding sugar.



Lemongrass Tea

Just cut the stalks of lemongrass into pieces and pour boiling water over them. Allow it to brew for 5-6 minutes and then strain in the teacup for drinking.



Ginger

Go ahead and make your favorite ginger tea or make a lemon and ginger concoction with a little honey and black pepper for a perfect vertigo drink.