

January 20, 2010

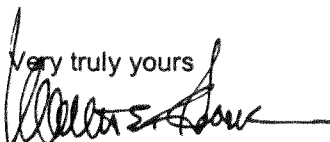
Public Relations Department
DSE HEALTHCARE SOLUTIONS
164 Northfield Avenue
Edison, New Jersey 08837

Dear Sir:

I'm enclosing a copy of the letter I sent today to Dr. Peter Gott in response to his syndicated column yesterday which appeared in our area newspaper. I was disappointed that he did not refer to your excellent product, LIPO-FLAVONOID, when he was discussing(at length) the problem of Vertigo.

I'm a firm belie3ver in your product, and I certainly don't mind telling Dr. Gott so. Hopefully, he will take note of this when he again writes of the ailment— which he does periodically.

Best of Luck.

Very truly yours

Mr. Walter E. Brown

P.O. Box 853
Charlestown, R.I. 02813

January 20, 2010

Dr. Peter H. Gott
United Media
200 Madison Avenue—4th Floor
New York, New York 10016

Dear Dr. Gott:

As a longtime reader of your column, I was interested to read yesterday's(19) long response on Vertigo, which appeared in our Westerly(R.I.) Sun newspaper.

I was interested because I was troubled with bouts of vertigo for many years. These would occur, unannounced and usually in the middle of the night, and would climax with either dry-heaves or vomiting. These episodes would occur four or five times a year and had occurred, I would say, for the last fifteen years or so.

One day I saw an ad on TV for a product called Lipo-Flavonoid, an over-the-counter capsule which was supposed to ease this malady. I bought a bottle and I have not had one recurrence of the vertigo since I started taking the product three or four years ago. It was almost unbelievable that these pills could be such a miraculous cure—but they were(and are).

I was surprised(and a bit disappointed) that you did not refer to Lipo-Flavonoid as a reported cure for bouts of vertigo in your article. I hope you have gotten other letters such as this one so that the omission will be corrected when you again address the vertigo issue.

Very truly yours

Mr. Walter E. Brown

P.O. Box 853
Charlestown, Rhode Island 02813

Vertigo is not contagious or hereditary

Ask the
doctor

Dr. Peter
H. Gott



type and cause of the vertigo, there may be other symptoms. The most common type is benign paroxysmal positional vertigo (BPPV), which can also cause dizziness, blurred vision, loss of balance, light-headedness, unsteadiness, nausea and vomiting.

Symptoms of most types of vertigo typically come and go, with each episode normally lasting less than a minute. They may also be cyclic, with few or no symptoms followed by periods of increased episodes.

To understand how vertigo develops, one must first know how a normal ear affects our sense of balance. The inner ear contains the cochlea (which plays a major role in hearing), the labyrinth and the otolith organs (both primarily responsible for balance). The labyrinth is made of three semicircular canals that contain fluid and fine hairlike structures that track head rotation, while the otoliths contain crystals that monitor movement. In a normal ear, these organs work together to sense when the body and head move, tilt or rotate and then respond by sending signals to the brain to make minute, involuntary changes to prevent falling.

When vertigo develops, it is because the crystals in the otoliths of the ears have become dislodged and moved into an abnormal position. BPPV can occur for several reasons, including minor to severe head trauma, inner-ear damage or even lying on your back for prolonged periods. In many cases, no specific cause can be identified. In rare instances, it can be caused by a type of tumor known as an acoustic neuroma, a benign and slow-growing lesion that can exert pressure on the sensitive ear organs.

Vertigo is a generally harmless and common condition that does not typically lead to serious health consequences; however, persistent cases can lead to dehydration. Less common causes for the condition include multiple sclerosis and migraines. Serious causes include strokes that affect the cerebellum of the brain. In severe cases, a loss of balance may cause falls, which may result in broken bones or contusions; therefore, care should be taken to avoid falling, especially when near railings, stairs or other elevated areas.

Without knowing more about your co-worker's specific symptoms, I cannot

comment as to why she hasn't been able to work for two months following diagnosis. I suggest she be examined by an ear-nose-and-throat specialist and discuss possible treatment with a procedure known as canalith repositioning. This is a series of slow movements designed to move the offending particles into a less sensitive area of the ear.

To provide related information, I am sending you a copy of my Health Report "Ear Infections and Disorders." Other readers who would like a copy should send a self-addressed stamped No. 10 envelope and a \$2 check or money order to Newsletter, P.O. Box 167, Wickliffe, OH 44092. Be sure to mention the title.

Readers may write directly to Dr. Gott c/o United Media, 200 Madison Ave., 4th fl., New York, NY 10016. However, if readers want to request a newsletter, they should write to the Ohio address.

Dr. Peter Gott is a retired physician and the author of the book "Dr. Gott's No Flour, No Sugar Diet," available at most chain and independent bookstores, and the recently published "Dr. Gott's No Flour, No Sugar Cookbook."

Dear Dr. Gott: My co-worker and I love to read your articles about health in our newspaper and always read them on our way to work. You were our first thought when we had questions about something.

Two months ago, another co-worker came down with vertigo. She has not been able to come to work at all since then. We looked up vertigo in the dictionary, but it only gives a small definition. From that, we understand that aircraft pilots and sea divers are always getting it. Since she is neither, we are concerned for both her and our health.

How does a person get vertigo? Is it contagious or hereditary? What are the symptoms? Neither of us had heard of vertigo before the co-worker caught it.

Dear Reader: Vertigo is neither contagious nor hereditary. It is also not limited to pilots or divers.

Vertigo is a sensation that you or your surroundings are moving or spinning. Depending on the