

Meniere's Disease

Q C Z D T Y Y T I V I T I S N E S E S I O N L S
 S U H R N V Y I G M X M B D K Z O T R V Z O B X
 P S N J D O X C A U R P I Z T D I P Q U C J R Y
 B B O O D M I H N P V Q M Y R M Q I H K T F A B
 R F Q L C G H S L F D G O N I O W T F G A K I X
 X Q X H G A B H S I X B J J G O I U H A E C N X
 U G I E J N F P D E O N M P G D S V T E H P F R
 T V C Q S F I F L D R M U Y E S V H B S R H O V
 H E B X I L A R E M N P X F R W K H I U R I G G
 I S A Q G C O T A I V Y E H S I N U N A A S J N
 E U Y R D N U H I E E N I D P N J T L N I A A P
 A T V U F P I C O G H N K L J G Z P C W D Q N C
 R I E O D U E T F C U H E U D S N L B S P X E V
 P N R R K C L Q A N L E Z L P Z Y O I T T P Q T
 R N T Y Y J L L R T H A V O H Y V N Q A G P E K
 E I I T A K G D N U I O O N U L D G D E J C H O
 S T G E Z I N C V E S L L N O J M A J W E W V X
 S M O I B X O O M C S G I W R N S T A S C T N D
 U V W X R R M H S D U S S B S B C T E D R F B Q
 R L H N O I D O B C B O I V E Q W A H L K B L M
 E X N A T G U D J M D K V D S D B C Q O M P D R
 L F Q I M Q B R L I R I R P M N U K R C J O B L
 G M N V Y T S X U N Y S T A G M U S A R U W U A
 V G W F S G L M G C V C Q V J S D C G M X V N H

noise sensitivity
 no caffeine
 cold sweats
 nystagmus
 vomiting
 vertigo

ear fullness
 long attacks
 depression
 brain fog
 tinnitus
 nausea

ear pressure
 hearing loss
 no alcohol
 diarrhea
 fatigue

debilitating
 mood swings
 low sodium
 triggers
 anxiety