

Stilton Literary Agency



Dizziness

Original title: Frisk fra svimmelhet
Publisher: Frisk Forlag 2022
Non Fiction / Health, Body and Mind
Norwegian PDF and full English translation

If you suffer from dizziness, vertigo or imbalance, this book is dedicated to helping you tackle the problem

Most dizziness is readily treatable. Unfortunately, many patients who suffer from dizziness have not found the right medical help.

You may have suffered from vertigo for a long time, but that doesn't mean the condition isn't treatable – it just means you haven't found the right treatment yet. With the help of this book, you will be able to find a diagnosis of your condition, and choose the rehabilitation program that suits you best. As soon as you start doing the right thing, the brain will respond with a natural healing process – even if we sometimes have to kick-start it.

Alan Sealy

Alan Sealy is a manual therapist and specialist in clinical physiotherapy with vertigo and balance as special fields. He previously lived for 5 years in Oslo and built up Scandinavia's largest balance clinic, before moving back to Scotland.

He now runs the clinics In Balance Physiotherapy and Aberdeen Balance Clinic. Patients from all over Europe come to the clinics to be examined and treated for their vertigo complaints.