OMEGA FUNCTIONAL HEALTH

A GUIDE TO DIZZINESS AND BALANCE

Recalibrating Your Brain's Relationship with Gravity

Most approaches treat balance and movement problems one symptom at a time. We start somewhere more fundamental: how your brain relates to gravity. Your ability to move, think, and heal depends on it.

At Omega Functional Health, we take a brain-based approach that tests and trains the three systems your brain uses to keep you oriented. We call them **the Big 3**.

1. **The vestibular system**
   Your "internal GPS." It sits in the inner ear and senses gravity and head motion.

2. **The visual system**
   Everything your eyes take in (images, color, light, and movement) to help you sense your body's position and orientation.

3. **The somatosensory system**
   Receptors in your muscles and joints that "feel" your body's position and tell your brain where you are.

OUR APPROACH

How we are different

Many vestibular programs start with movement right away: tracking exercises, balance drills, and quick head positions. We start one step earlier, by making sure your brain has stable footing while you're still. Even a small mismatch in your brain's internal "compass" can keep your body in a stress response, and that makes it harder to heal. Once that foundation is steady, we build into movement.

1

Simultaneous calibration

We train all three systems together instead of one at a time. Your eyes, inner ears, and balance are calibrated as a team, for changes designed to last.

2

Advanced neural mapping

Precise testing shows exactly which parts of your system are underactive or overactive.

Eye movement testing (VNG): video eye tracking picks up drifting patterns or quick, unwanted eye movements that can throw off how you respond to gravity, see your surroundings, and sense your body.

Posturography: a calibrated force plate measures how well you hold your balance in different positions.

Velocity storage testing: measures how your brain perceives movement, so we know whether your internal compass is reading the world accurately.

Auditory-motor timing: we see how well you can tap along to a beat. Trouble keeping time can point to challenges with motor timing or processing.

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RESETTING THE NERVOUS SYSTEM

From fight-or-flight to rest and heal

When the Big 3 aren't working together, the body can get stuck in fight-or-flight. Our care recalibrates all three systems so your nervous system can shift out of chronic stress and into rest and recovery, where healing happens. We do that in a few ways.

1. **Brain-specific exercises**
   Every brain is different. An exercise that helps one person can set another back, so every exercise set is built for you.

2. **Body schema training**
   Weighted compression headbands and head-mounted laser feedback update your brain's automatic "map" of your posture.

3. **Vagus nerve stimulation**
   Tools like pulsed radio frequency and vibrational vagus nerve entrainment engage the vagus nerve, the nerve that helps your body shift into rest and recovery.

4. **Tonic balancing**
   Calms overly tight muscle chains by balancing how strongly the vestibular system drives your posture.

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FOR PARENTS

Signs to watch for in children

The vestibular system is one of the first systems to develop in the womb, so its health matters for a child's development. Signs that it may not be working well include:

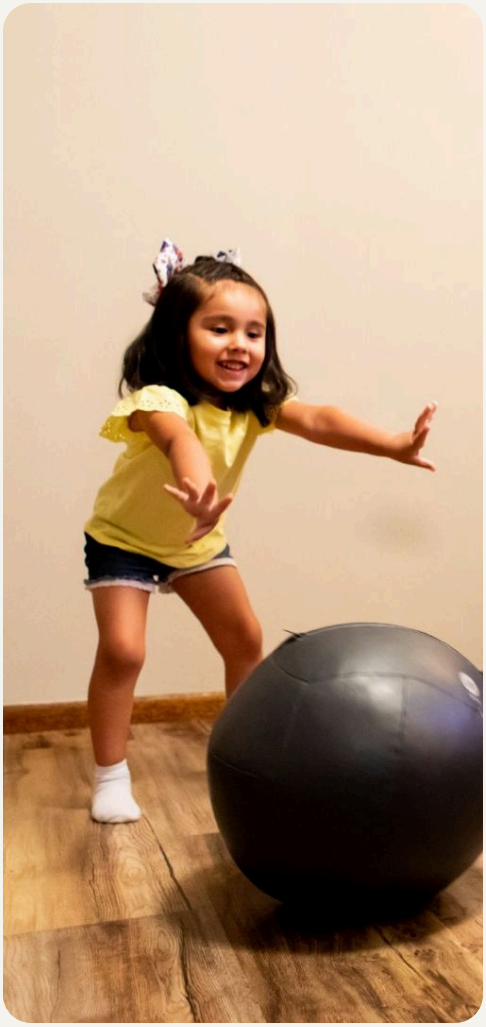
Physical milestones
Frequent falls, clumsiness, or late milestones like crawling or walking.

Avoiding play
A dislike of swings, slides, or spinning.

Learning difficulties
Trouble reading (skipping words or losing their place), poor concentration, and messy handwriting.

Motion sickness
Frequent car sickness or nausea on playground rides.

Anxiety
Fear of heights or of being off the ground.



Children 10 and under start with **the Melillo Method**, our brain-based program for kids. **Learn more about the Melillo Method**

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WHAT CARE LOOKS LIKE

The 4-phase recovery roadmap

Care moves through four phases. Each one builds on the last, and we re-test along the way so you can see what's changing.

1

PHASE 1

Stabilization

Steady your system at rest and calm the fight-or-flight response.

2

PHASE 2

Recalibration

Train your eyes, inner ear, and body together to update your brain's map of your posture.

3

PHASE 3

Integration

Add head and eye movements and coordinated stepping to a metronome, so your gains hold up while you're moving.

4

PHASE 4

Performance

Build balance and stress resilience for the activities you care about, so the results last.

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BETWEEN VISITS

Your home exercise program

Most of the repetition happens at home. Here's how we set you up to do it with confidence.

1. **Testing and prescription**
   Your testing pinpoints specific deficits, and we map out a targeted set of vestibular "brain exercises" for you.

2. **Patient portal and education**
   You get access to a custom online portal with clear, step-by-step videos of your exact exercises.

3. **Home practice**
   You do your daily routine at home with the video guides, so you know you're doing it right.

4. **Check-ins**
   We follow up regularly to confirm your technique and adjust your exercises as you improve.

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NEXT STEP

Ready to find out what's going on?

Many of our patients come to us after months or years of searching, having seen several other doctors without finding answers. Our goal is to find the hidden neurological issues that are keeping you from living at your best, and help you correct them so you can get back to a life you love.

Let's find out why.

Start with a complimentary consultation. We'll talk through what you've been dealing with and tell you honestly whether we can help.

Schedule a Complimentary Consultation

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