

JUNE 2011

In this issue

The Vestibular System Demystified

When you think of the [vestibular system](#), what do you think of? If you are like most people, you think of balance.

And you are partially right - the vestibular system is the system that is predominantly responsible for balance. It works with our eyes ([visual system](#)) and the various receptors throughout our body ([proprioceptive system](#)) to ensure we stay upright - or whatever position we are supposed to be in. We even have a specific reflex, the [vestibulo-ocular reflex](#), that ensures that our eyes and vestibular system work seamlessly together (it's how we can walk and move our heads without getting a shaky picture).

When Things Go Wrong

The vestibular system, just like any other system can go a bit haywire, whether it's from illness, injury, or genetics. When it does, you can suffer from symptoms including nausea, dizziness, vertigo, hearing loss, and even pain.

Illness

There are a handful of diseases, such as [Meniere's Disease](#), that can lead to vestibular system problems, but it's more often the cure that will kill you (metaphorically speaking). NSAIDs, antibiotics, diuretics, and chemotherapy drugs can all lead to ear damage ([ototoxicity](#)).

Injury

When injury causes a vestibular system problem, it's usually the result of a head injury or whiplash. Basically, any time your brain gets sloshed around in its shell, you increase the likelihood of vestibular damage. Being a sports performance company, we see a lot of this in our American football and soccer players.

Genetics

Unfortunately, we don't all win the genetic lottery, and there are some people who are just born with vestibular system issues. And [recent research](#) is finding that vestibular system dysfunction has more wide-spread implications than once believed.

Specifically, the vestibular system is now believed to be the primary culprit behind scoliosis. It makes sense when you think about it, if the body is never quite 100% certain which way is up and our bodies structurally remodel based upon body position and load, then growing a crooked spine is a logical conclusion from that.

What You Can Do About It

The good news is that much of the damage to the vestibular system can be reversed - our bodies are hard-wired for survival, so when you give it the input it needs to be more efficient, it will fix itself.

1. [The Vestibular System Demystified](#)
2. [NEW! Upgraded Z-Health web site](#)
3. [Newsletter Archive](#)
4. [Become a Facebook Fan](#)
5. [Learn More on YouTube](#)

Events Calendar

Be sure to check [our website](#) regularly for updates.

Essentials of Elite Performance

- **Boston, MA**
June 3-5
- **Cleveland, OH**
June 10-12
- **Oakland, CA**
June 24-26
- **Bayville, NJ**
July 15-17
- **Minneapolis, MN**
July 22-24
- **Chicago, IL**
August 26-28
- **Vigodarzere, Italy**
September 16-18
- **Dallas, TX**
September 16-18
- **Philadelphia, PA**
September 23-25
- **Las Vegas, NV**
October 14-16

R-Phase

- **Phoenix, AZ**
May 13-15 & June 10-12
- **Seattle, WA**
June 24-26 & July 29-31
- **Denver, CO**
July 15-17 & August 19-21
- **Oakland, CA**
July 22-24 & August 26-28
- **Minneapolis, MN**
Sept 9-11 & October 14-16

I-Phase

- **Los Angeles, CA**
June 16-19
- **Copenhagen, Denmark**
June 16-19
- **Orlando, FL**
July 28-31
- **Seattle, WA**
September 29 - October 2
- **Phoenix, AZ**
October 20-22

The fastest route to improvement is going to be seeing a Z-Health Practitioner that is [I-Phase certified](#) (we spend much of I-Phase focusing on sensory integration and the vestibular system).

But, if seeing a Z practitioner is not an option for you, then we would suggest working on our [R-Phase](#) drills with your head in various positions: rotation, tilt, and flexion. If you find the drill particularly challenging with your head in that position, it's likely a good position for you to work in.

And, of course, you will want to assess/re-assess before and after your drills. Unsure of how to do that? Learn how in our 34-page free report, [21st Century Strength: Brain-Based Training for Power Athletes](#).

For More Information

[Z-Health Reference Library: Sensory Integration Books](#)

[Z-Health Reference Library: Sensory Integration Abstracts](#)

[Automatic MRI segmentation and morphoanatomy analysis of the vestibular system in adolescent idiopathic scoliosis.](#)

[Evidence for cognitive vestibular integration impairment in idiopathic scoliosis patients.](#)

[Shape analysis of vestibular systems in adolescent idiopathic scoliosis using geodesic spectra.](#)

As always, if you have any questions about how to apply this to your own training give us a call at 888-394-4198 or email us at info@zhealth.net.

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NEW! Upgraded Z-Health web site

In case you missed our announcement last week, we recently re-launched our [web site](#). It's filled with many of the features you have been asking for, including:

- Reference Library
- PayPal integration
- DHL for international shipping
- Clearer explanation of the certification process
- New product packages
- Improved course calendar

We'd love to know what you think, so drop us a line at info@zhealth.net.

We have more enhancements scheduled in the coming months, so stayed tuned!

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Newsletter Archive

Did you miss an issue of the Newsletter? Our regular newsletter is filled with interviews, articles, reviews, and all of the goodness that is Z-Health Performance.

Catch up on all of [our back issues](#) on the Z-Health web site or click on the "Manage your Subscription" link on the bottom of this email to ensure you are getting the latest news.

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S-Phase

- **Copenhagen, Denmark**
September 1-4
- **Phoenix, AZ**
October 6-9

T-Phase

- **Phoenix, AZ**
November 9-12

9S Certification Series

- **9S: Strength & Suppleness**
Phoenix, AZ
July 8-10
 - **9S: Sustenance & Spirit**
Phoenix, AZ
September 23-25
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Become a Fan on Facebook

Z-Health is on Facebook, and right now it's the ONLY place where you can see photos of the Z-Health Performance Training Center and recent certifications.

If you are already on Facebook, [become a fan](#), write on our Wall, or ask a question on our Discussion board. We'd love to hear from you.

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Learn More on YouTube

Interested in the science and theory behind Z-Health?

Want some athletic performance tips and tricks?

Check out our growing video library on [YouTube](#). Our most popular clips include:

- [Hamstring vs. the Running Shoe](#)
- [Jump Landing Training](#)
- [Z-Health in 3 Minutes](#)

Enjoy!

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