

Name of Patient

To whom it may concern

Since being given a diagnosis of Vestibular Migraine i am keen to make some lifestyle and deity changes as seen on the website www.Vestibular-Migraine.com

I am aware a lot of people have found success through (chosed all which apply):

- Vestibular Rehabilitation Therapy
- Changes to diet
- Elimination diet (to identify any trigger foods)
- Yoga

I am writing to ask your guidance on me adopting the above and also seek any advice you can offer me. I understand there may be risks associated with making changes to my diet and lifestyle.

Please could we book in time to speak to go through any potential risks to the above.

Many thanks

Vestibular-Migraine.com is a community founded and community funded platform with a mission to raise awareness of Vestibular Migraine and encourage health care specialists to research potential cures. We are 100% reliant upon donations and receive no grants or support from any governments or charities. If you would like to donate please visit our homepage or email us at [Hello@Vestibular-Migraine.com](mailto>Hello@Vestibular-Migraine.com)

If you would like to get involved in our mission please check out our site below.

www.Vestibular-Migraine.com