



PROJECT REWIRE

THE
Vertigo
Reset
Blueprint

Why Your Vertigo Keeps
Coming Back and How To Reset
Your Nervous System

If you've been struggling with vertigo, you know how disruptive it can be.

The spinning, the dizziness, and the persistent brain fog can turn simple actions (walking, driving, or turning your head) into overwhelming tasks.

Many people find themselves living in constant fear of the next episode.



**Spinning,
dizziness &
balance issues**



**Chronic tension
& headaches**



**Brain fog,
fatigue & low
energy**



**Stress spike
symptoms**



**Fitness &
confidence
decline**



**Sleep
disturbances**

If this sounds familiar, **you are not alone.**

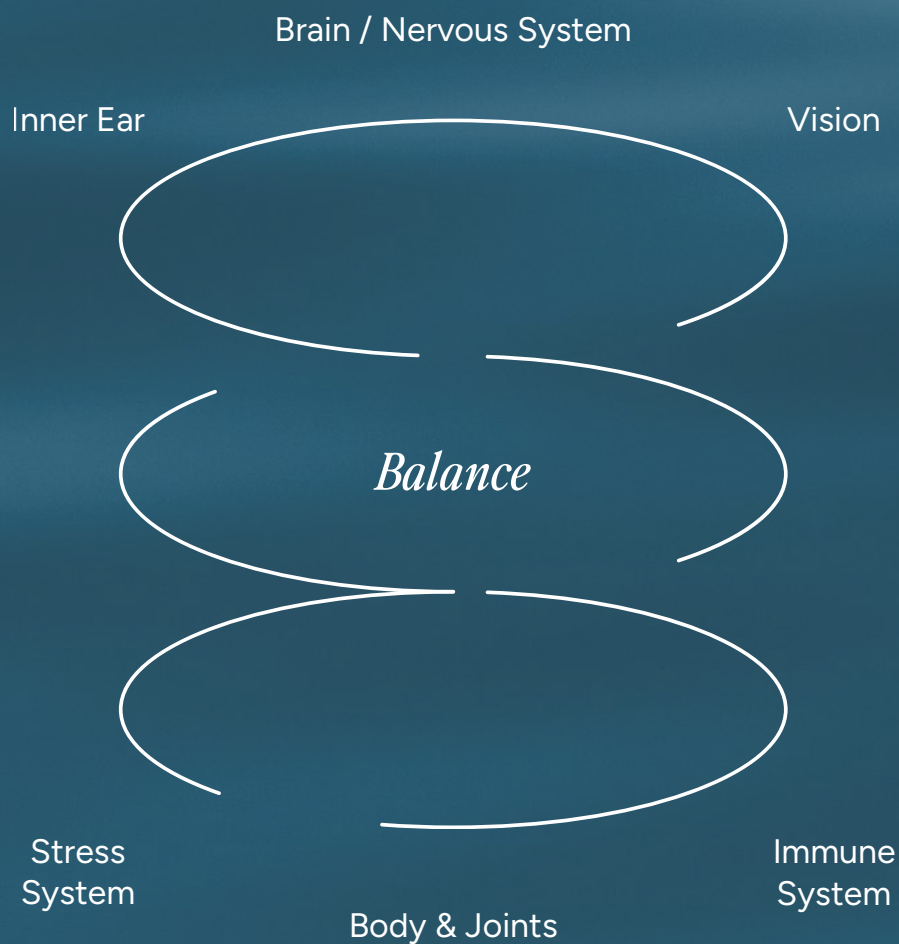
This guide explores why vertigo happens and the necessary shifts required to stabilise your balance system, allowing you to move with confidence again.



Why your vertigo keeps coming back

Many people try medications, manoeuvres, or balance exercises. And sometimes they help, but for many people the symptoms keep coming back.

Why? Because balance isn't controlled by the inner ear alone—it's a *pattern*.



Meet your Doctor

Steven Tran

FUNCTIONAL NEURO CHIROPRACTOR



Follow for tips!

Steven works with professionals whose nervous systems are working overtime.

His approach blends clinical precision with deep understanding of the human experience.

He looks for patterns others miss—connecting your history, symptoms, and stress responses into one clear picture.

Resulting in calm, confident progress that feels grounded and measurable.





2 Simple
Methods
To Support
Your
Nervous
System

METHOD 2

Ground

Reconnect with the earth's surface to help stabilise your body's natural electrical signals, calm your nervous system, and reduce inflammation.

Stand barefoot on:

Grass

Sand

Soil

10 minutes a day



You don't have to live around your vertigo.

Every day you wait, you're repeating
the same pattern.



RESET



REWIRE



TRANSFORM

INTRODUCING



The Vertigo Reset Program

The Vertigo Reset Program is designed to break the pattern so you can think clearly, move freely, and live without fear of the next episode.

THIS PROGRAM IS FOR PEOPLE WHO:

Experience recurring vertigo or dizziness

Felt previous treatments haven't worked

Want a deeper nervous system approach

Are ready to take an active role in their recovery

[LEARN MORE](#)



START YOUR HEALING JOURNEY

Bring your
nervous system
back to balance
and trust it to
stay there.

Be free of vertigo (for good).

[BOOK A FREE DISCOVERY CALL](#)