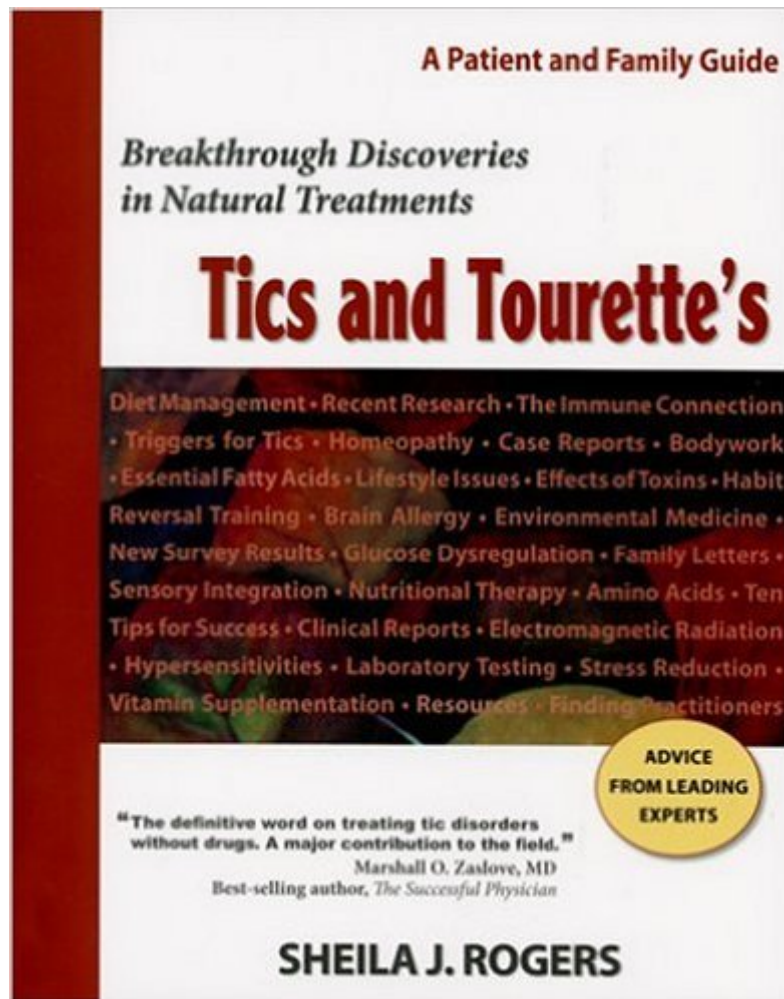


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# Tics And Tourette's: Breakthrough Discoveries In Natural Treatments



## Synopsis

For decades, finding information on alternative treatments for tics has been next to impossible. There's a widespread desire to avoid conventional drugs, yet people have not known where to turn to find safer therapies. This situation took a sharp turn when a group of cutting-edge doctors and determined families started reporting dramatic success in treating tics naturally. Sheila J. Rogers, director of the nonprofit Association for Comprehensive NeuroTherapy (ACN), began investigating these reports and sharing them through the organization. Rogers conducted countless interviews with patients, professionals, and families, and ACN sponsored a large-scale survey that resulted in exciting, new details on the causes of tics.

## Book Information

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## Customer Reviews

This book is perfect for families looking for "alternative" treatments for tics syndromes. Our elementary school child had frequent tics which were not resolving on their own. We did not want to put him on drugs because of all the possible side effects that people we knew had told us about. This book explains possible causes of tics and gives terrific suggestions and things to try with your child. We started off with avoiding some of the triggers that the author Sheila Rogers mentions. Amazingly, after a week the tics went away!! This gave us confidence that this wasn't some permanent condition that we just had to live with. Once we understood more about how a faulty immune system could likely be an underlying cause, something the book describes well, we found a doctor to help us with testing and natural treatments--so far it has mostly been diet change and over

the counter supplements. The book also helps guide you to the right kind of doctor for this, since most neurologists today still tend to teach acceptance or provide drugs. I see this book as a 'must read' before going the route of drugs. Our son's tics are completely gone and we no longer have to avoid as many triggers now that his immune system is stronger. The side benefits are that our son is sleeping better and has more energy. It scares me to think we could have put him on drugs to mask the symptoms instead of addressing the underlying cause. Families reading this should know that the book doesn't give a one-size-fits-all formula, which unfortunately doesn't seem to exist yet, but rather a list of things that you can try with your child. The parent must still be a detective and the process takes diligence.

my son who is 5 and extremely healthy started to exhibit extreme neck tics out of NO WHERE. looking back he did have a brief eye tic that went away for a few weeks the year before. However his neck and face tics came on fast and furious out of no where. my son has always been extremely well behaved, great concentration level, great socially and this really was scary. we took him to a neurologist and his pediatrician who were useless. said they knew nothing about tics (no one does in the medical community) and that they grow out of them and not much they can do. if it becomes severe they would then treat it with SERIOUS drugs (not anything i was going to do). i've always been interested in natural remedies and grew up on them. i read this book and it was FASCINATING to hear about how some of things these can be fixed with a simple diet. so that is what we tried first. i realized our son although a healthy eater ate way too much sugar and snacks - not enough real food. he had just started kindergarden and we packed his lunch - so he was getting a lot of snacky food. we cut down the snacks, sugar - - starting pushing more veggies and fruit and kale and greens. then put him on fish oil (1 tab and a half a day) and a supplement for kelp. we did see a naturopath and this was recommended. his face tics went away IMMEDIATELY along with the neck. literally instead of doing a tic every 30 seconds all day long - he does one once a day or not at all. i did run out of fish oil as the brand i liked was on back order. he stopped and guess what - the tics came back. not as bad but just more often (more like five times a day). he's back on the fish oil and poof gone again. he still does them occasionally like maybe once a week or every other day - so we're going to see an allergist.

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