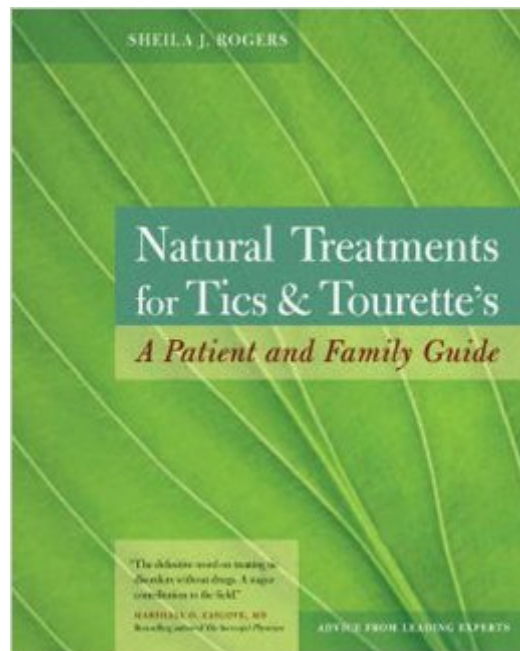


The book was found

Natural Treatments For Tics And Tourette's: A Patient And Family Guide



Synopsis

This welcome guide explains how to treat tics and Tourette syndrome using natural and alternative therapies, with a focus on environmental medicine and nutritional and dietary therapy. The status of behavioral and counseling therapies, EEG biofeedback, homeopathy, bodywork, energy medicine, and Chinese medicine as approaches are explored. Author Sheila Rogers DeMare discusses a range of categories of tics including spasmodic facial movements, eye blinking, mild sounds and vocalizations. She persuasively counters the medical establishment's standard claim that such disorders are mysterious and based only in genetics. The dramatic spike in cases, she argues, belies this explanation. *Natural Treatments for Tics and Tourette's* takes a closer look at the environmental factors and underlying physical imbalances that trigger these conditions' symptoms. In this second edition to *Tics and Tourette's: Breakthrough Discoveries in Natural Treatments*, DeMare offers a detailed natural treatment plan. No more will patients have to rely on traditional, drug-based treatments that often carry multiple side effects. In eight sections, the book offers advice from medical experts, the latest reports in medical research, a checklist of common tic triggers, inspirational stories from families who have successfully conquered tics and Tourette's, and practical worksheets for readers to use in their treatment and research. Each of the 23 chapters includes a place for notes and 'Takeaway Tips' summarizing key points.

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 when 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 a allergist.

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