

## Tics Tourette's

### Description

To Jesus:

You can save this to a "Health" folder for easy access later. Use this as a starting point for your own research and share with your doctor as appropriate.

You can use [drugs.com](https://www.drugs.com) or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects. Typing in the name of two medications or a medication & an herb in a search bar of most browsers will bring up results with their interaction effects.

## Tics Tourette's

Tourette's is a disorder where people have vocal and/or motor tics that sometimes make them do the most embarrassing things they don't want to- cuss, face/head/neck twitch, even slap their own face or poke others- that cause them distress. People who have Tourette's say its like an itch that gets worse & worse unless they do

it or get distracted. They often also get a strong urge to smell other people sometimes. If they are nonverbal they often sigh or wheeze when they do their motor tic, indicating they are distressed at their difficult to control behavior.

## Food elimination diet

A lot of people get relief with keeping a food diary & implementing a food elimination diet.

The easiest way to start this is to go on a ruminant diet first. That is only meat from ruminant animals like cows, deer, sheep, bison as people can live on just ruminant animal meat for years with only filtered water & sea salt or Himalayan or Real salt from Utah for trace minerals. An equal amount of fat to meat must be eaten (since no carbs are eaten) for energy. For vegans, organic sweet potatoes can be substituted because any type of potato only diet can usually be done safely for a few weeks. This very often eliminates the tics or reduces their frequency & intensity to near zero.

Then once symptoms are gone or nearly gone, favorite foods can be introduced but only one at a time, three times a day for three days. It will usually be clear after three days if the food triggers symptoms or is a food they can have for the rest of their life. Then the next favorite food can be reintroduced three times a day for three days, & so on until the person has 100% knowledge of what foods trigger any negative symptoms & which foods are care free.

This leads to the end of tics or the end of the tics causing problems for many.

[latitudes.org/forums/topic/794-did-eliminating-certain-foods-reduce-tics/](https://latitudes.org/forums/topic/794-did-eliminating-certain-foods-reduce-tics/)

## Supplements

### Low dose naltrexone (LDN)

If they tics are an autoimmune reaction, low dose naltrexone (LDN) at 3-5mg at bedtime may help.

### Vitamin D3

Raising vitamin D3 levels above 150ng/ml by taking 50k vitD3 with a meal with fat or under the tongue 4-7x each week with 500mcg of vitK2 or eating dark leafy greens daily appears to reduce autoimmune symptoms by 95%.

## Medications

Two medications with low side effects that are effective for it in studies are guanfacine (coughs) & clonidine (blood pressure). They are also very effective in studies for ADHD & autism. People who think they have Tourette's don't have to convince a doctor. If they also have ADHD or autism the doctor can prescribe clonidine or guanfacine for those as well. It can change their lives.

[tourette.org/research-medical/pharmacology/](https://tourette.org/research-medical/pharmacology/)

[latitudes.org/tourette-syndrome-and-food-reactions](https://latitudes.org/tourette-syndrome-and-food-reactions)

[latitudes.org/healed-tourette-syndrome-environmental-medicine-allergy-approach](https://latitudes.org/healed-tourette-syndrome-environmental-medicine-allergy-approach)

[latitudes.org/treatment-of-tics-and-tourette-syndrome](https://latitudes.org/treatment-of-tics-and-tourette-syndrome)

[latitudes.org/oxidative-genetic-brain-dysfunction](https://latitudes.org/oxidative-genetic-brain-dysfunction)

[latitudes.org/what-you-eat-what-you-are](https://latitudes.org/what-you-eat-what-you-are)

[latitudes.org/ocd-tics-immunoglobulin](https://latitudes.org/ocd-tics-immunoglobulin)

### Category

1. Uncategorized

### Date Created

March 2023

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